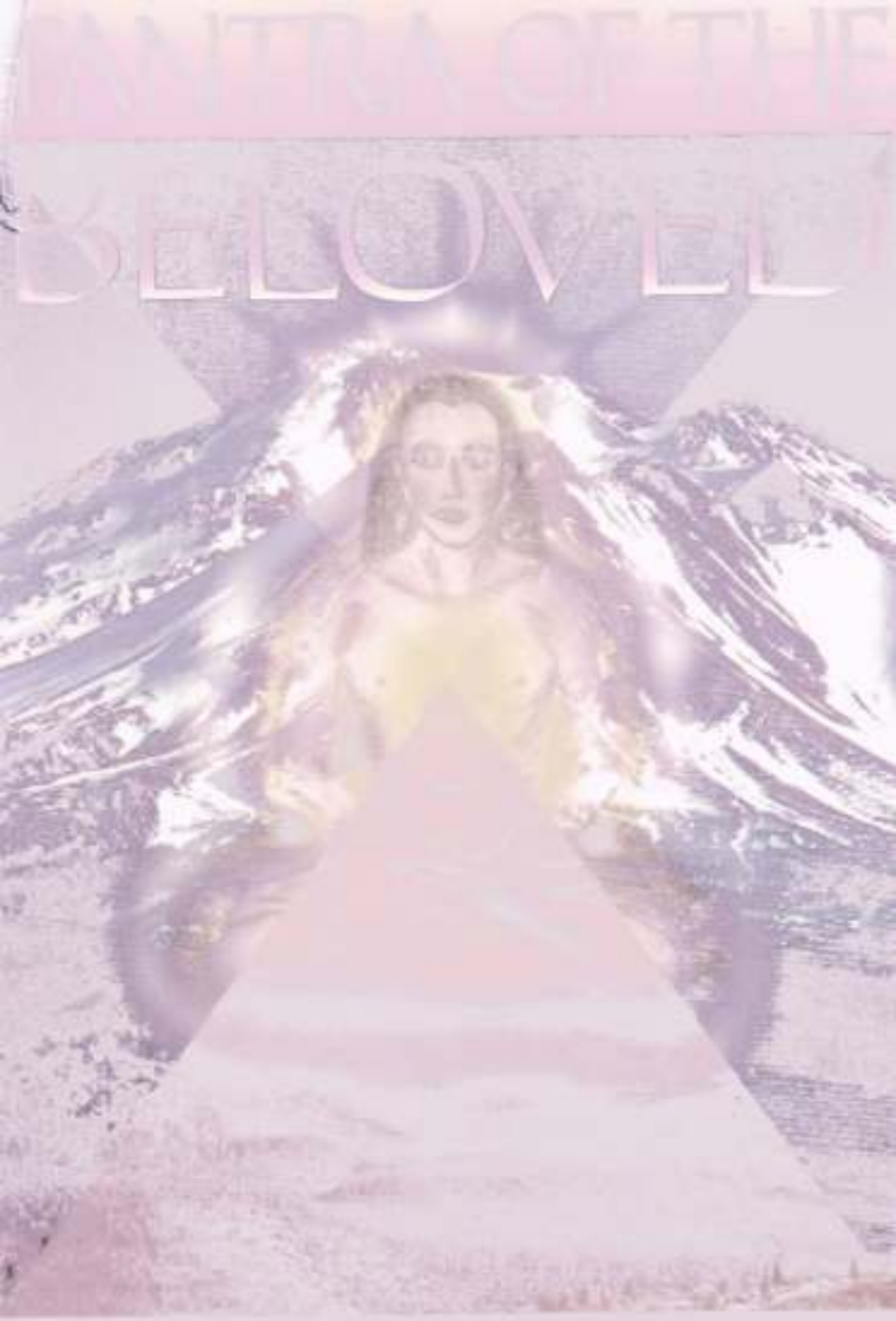
MANTRA OF THE

BELOVED



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Chapter One

FINDING FULFILLMENT IN LIFE

If you were given everything...
All possibilities...
Anything you desired...
What would you do?
What would you accomplish?
Who would you Be?

What is your Fulfillment in Life and how would you find it?

We have been creating this Universe for eons, a countless roll of time. It is woven of our thoughts, our desires, our creation of who we want to be.

To find fulfillment, we must look where it already exists. We must become Masters of ourselves. Then the doors lie open to discover the endless depth of our souls, lying bare on the pristine beauty and Love of the Inner Glory.

There is no way out but through. The way through is our fulfillment.

Spirituality is another word for Clarity. Yoga is the science of clarity. Through it we purify and simplify our bodymind, so as to notice, quicken and enjoy the Glory of that which radiates from within.

Then we create, we look around, we interact. All because of Love - which wears so many faces and so many emotions. This is Relationship and this is what this book is about - finding and cultivating Divine Relationship as fulfillment.



The inner art of Relationship is the Oneness. Life is simple when we acknowledge it as so; this simple understanding brings us an inner experience of relationship.

The inner dance may be termed through the sound "Tantra." This word can evoke emotion, it can evoke passion, it can evoke Love, it translates as the Oneness of our experience. Becoming totally consumed in the intensity of our Dance - the grandeur and beauty of our soul as us - frees us beyond the confines of intellect and need - we just ecstatically dance.

Thus this book, to be a Tantra, to be of any real meaning must evoke something inside you. If this invocation is to last, to be of real benefit, then it must bring forth awareness within of what is Eternal.

The Eternal Love song of the Soul is the one thing in life which can never be compromised. Yet it is the one most compromised experience on our planet today. How is it then that we do so?



When we are hard on ourselves, when we hurt one another, when we ignore the feeling of what is our highest good for the feeling of grosser desire. When we doubt that we, as spirit, even exist, that it is all a chemical factory. How can the Eternal Love Song of the Soul blossom forth its fulfillment?

The song heard on countless radios, reflected in endless mirrors, is one of compromise. It says - Lay low thought which brings you no bread - Find satisfaction through amplification of the senses - Drown out the body's feedback of revolt.

Yet every thought lives and lives and lives forever - forever awaiting its completion into something good, something beautiful, something which can be enjoyed and said to be the creation of a God.

Having wrapped ourselves in the Universe of our desires, we forget to desire any more that which has real meaning.



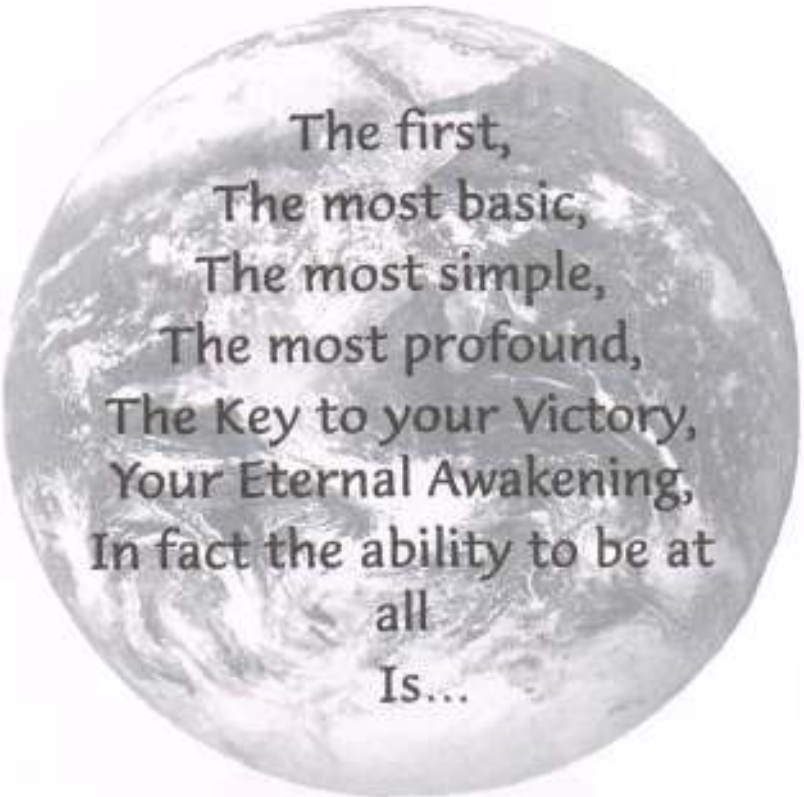
Thus it has become natural, and rightly so, for effective Spiritual growth to focus at first on enhancing the aliveness of inwardly felt Clarity through Self Responsive Application.

Spiritual growth burns the candle from both ends at once. From one end of the candle you face up to your limitations, see how they have served you and overcome them.

From the other end of the candle you acknowledge only your Eternal Perfection. All else is but shadow ignorantly cast by not seeing this Perfection. Eventually the shadow disappears and all is Light.

Chapter Two

THE ESSENCE



your
INDIVIDUALIZED
GOD ESSENCE

your
I AM PRESENCE



To find yourself



you
must
penetrate
and remain awake
into
your
own
Presence

and know that this is how God
Radiates...

**Through the Presence you
Are!**

A Meditative Experience Illustrates

Sitting in meditation the last hour, filling my awareness with the beautiful presence of Tara, my mind began to come back to a surface awareness and thoughts such as, "Shall I get up now?"

Another thought pulled me back inside, "Can that outer activity of getting up ever compare to the inner eternity?" The Master El Morya filled my rapidly in-going awareness and kept me consumed for another hour. Oh how each moment in the Eternal moment seems the best of them all, each Master giving such a complete light; unique and at the same time emanating a feeling of the One. The mind once again came to the surface, "Such a wonderful meditation, perhaps time to get a bite to eat."

Again a deep rising thought came to the view of my outward mind, "Hey, what do you really want!" Expanding inward to blissfully join the Master Koothumi in the family of Light, oh how unaware I was of the hours passing. For what reason did my mind notice the outer things of the world? Perhaps to shift the view.

"Yes, you are Be-Loved," the Divine Director BabaJi exudes in single communion. My Vajra teachers, sparkling bright, suddenly all assemble together, all the reason of my inner voice keeping me on track.

The next hour it was not in the living room I sat, but looking with full vision upon the mighty pyramid of Cairo. Each Vajra Master took a station to a side and together held a mighty breath, purifying and quickening the atoms of this initiating place.

"Take your place as the golden capstone and breathe the breath of unity." Such ever-opening circles, basking the planet with the blessing of their journey.

Things too sacred to talk about, such as the power felt of those waves of light circling the globe, felt and seen by my physical body half a world around. How come people here and there, engaged in so many things, seem just the same now as before, like nothing but a breeze occurred, unnoticed by them from any other movement of the air?

Great things happen all the time, blessings unseen, yet without wakeful attunement, it is but another world passing by. Each create for themselves their world by attunement – one day to realign in the only world there really is – ONENESS.

Chapter Three



To understand anything of Tantra, you will have to lay aside the analytical mind

Tantra is the manifestation of all existence.

It is the dance of consciousness upon itself, the movement of bliss helplessly & endlessly creating.

It is the yearning to join together, to become whole again, to forget separation. It is creation in its pure creative existence as Oneness.

To understand Tantra is to be Conscious of pure Consciousness.

Tantra is the beginning, the middle and the end. When there is no beginning, middle and end, no forgetting and no remembering, no thought and no mind, then the endless dance of tantra has surrendered into the core of its existence: pure, undifferentiated Awareness. This awareness is supremely awake unqualified consciousness; prior to, existent in all that is, as itself. In that state there is no tantra, no universe and no conventional existence.[1]

However, this state is at one with tantra, is at one with the Universe and is One. This is the primal foundation of tantra, which is PURITY. This is the heart in which tantra is the dance. Tantra is the creation. Tantra is the awakening of existence. This understanding can only be fully gained as the transcendent realm of Radiant-Purity is opened within your heart, through the activation of the *Amrit Nadi*.

The Amrit Nadi is a radiance of spirit in the body which unites head and heart as one. Nadi is a pathway, a circulation of attention and lifeforce. Amrit is Divine Nectar. The Amrit Nadi is the path of Divine Nectar which is felt as tremendous realization; a clarity and bliss of what can only be called the Self beyond limited identity. Its core is beyond time and space, in the heart of God from which we all spring forth. It is real, it is tangible, it must be awoken in the body temple to bring forth the possibility of fulfillment. Each of us will, in time, awaken it.

Then real tantra can be experienced. Yet even before this awakening, your spirit still exists in every cell of the body. By exemplifying what already is, you get there by being there, awakening to what already is! Real justice cannot be given in words, but it can be pointed at. The closer you are to this realization, the more obvious the pointer seems to be, manifesting as the inner wisdom nature of all existence.

Tantra is rhythm, poetry, perfection, dance, blending, play, spontaneity, simultaneous occurrence, bliss, motion, inseparable awareness, circulation, giving, taking, expressing, aliveness, transmutation, breathing, creating, surrender, nonbinding identity, mastery, learning, forgetting, remembering, emotion, feeling, joy, loving, consuming, pristine radiance, it is the heart being the heart, passion being passion and the mind being the mind. **Tantra is the awakening of Self as creation.**

[1] The One Being is the only force of consciousness, which we clothe in I consciousness, thus giving it form.

The mastery of physical existence is the supreme realization of consciousness existing as matter. This is Tantra. When a person says, "My body is a vehicle of spirit, I use it, take care of it and discard it when finished," this is ignorance of supreme tantra. A tantric understanding says, *"I AM this body-spirit, this body is my soul manifest,"* and thus the doors are opened to awakening consciously within the body temple.

The Body Temple

When awakening within the body temple, physicality becomes more than just physical. What is solid speaks, has feeling, responds to your sight, to your voice and to your being. Indeed, the veils of separation between visible and invisible wear thin. How glorious your body of flesh and blood, this temple housing dazzling jewels and glorious kings. What limit is there to the glorious body temple generated from the solidified light of enlightened consciousness? Then the bodily atoms are experienced as pure bliss personified, each atom itself being an all-seeing eye of your Divine essence. The very atoms of your body congeal as the Light of your Eternal Presence.

When you, as physicality, become empty of anything but you as spirit, then you are free, as the bird soaring upon the wind, the dolphin jumping in delight, the sun shinning every day – every moment a joy!

Your body is not some inert pile of mud with intellect and emotions temporarily enlivening it. Your body is a manifestation of You, reflected in your totality, even this very moment. You, as spirit, are not bound to anything which does not serve your true expression. Your body, when owned by Perfection, is a manifest display of your Christed freedom. The body becomes a personal application to hone the creative power of unlimited possibility. The body becomes an antenna to sense and broadcast conditions within the world of form. The body becomes a way to consort with the Mother of all creation, to experience her Love and her Grace. The body becomes a playground, sacred and wondrous. The body becomes a wave riding on the infinite spirit, which is free to feel itself as body, or to dive deep within the formless ocean of itself.



Why settle for so little? Why spiritually ignore the body temple? Understand that there is a reason for physical creation that is far superior to explaining it as a fall from heaven, a gross and dense level of existence, or a source of suffering to be transcended. Physical creation was not intended as a place for selfish beings to live in a self-created hell, bound by self-created obsessions, ignorant of the true Self.

The Light of creation which becomes the physical substance of your body is a tremendous compaction of energy, containing a tremendous potential to bring forth your realization of Self as Godhead, as the radiant origin, a center, a unique facet of the inseparable Oneness. This is the full, infinite, unending, blissful and supremely still realization of Tantra. This is the knowledge which forever frees you from the delusion of matter as inert and not of yourself, into the playground of awakened awareness within the Oneness. This vast and perfect play of the Goddess is simply and indescribably the One Being.

Escape or Embrace of the Body Temple

Cultivating escape from the body, its cares and its world, can serve as a means of temporarily avoiding problems of physical life. Such a discipline may even find a playground in the ethereal realms, or at least some drunken companions at the local bar. But I say this is ignorance, it is delay, it is a sacrifice of the true potential that physicality serves.[1] Likewise, living in a physical existence dead to your spirit, dead to the Self, is living the smallest sliver of the Light that you are.

Yoga, as an application, excels in giving tools to enter the inner sanctums of the body and mind to find the effortless radiance. To know this radiance as "I AM," rather than an impersonal or abstract God, is to awaken into your Eternal Self-Knowing Creative Presence as an Individualization of the Infinite – your Soul! The ramifications of this discovery lead to the

[1] Looking to the spiritual path as a quest of lights and sounds, as the phenomenal display of power, or desiring abilities of astral projection, etc. – any of these pursued for itself weakens the alignment of spirit into the body. Phenomenal experience and ability is natural, but grow into it in the framework of self-mastery that comes from first centering and abiding in radiance of Self. In that way, all springs forth as an extension of that mastery – clean, clear and not based in the shadows of the psychic realms.

union of your innately intelligent effortless Radiance and your outer world – thus the body of spirit.

Your higher self literally forms the inner spaces and fills them with the light of its presence. The way you view life, approach it, modify it, remember it and characterize it defines your self-image that lives on that light. The gate-keeper of the inner spaces is your very self, imaged in all you experience yourself to be. What you do not like about yourself stands there, requiring you to embrace it and change it in the Ever-Expanding Perfection – I AM. Your God-Self, when you attune to it, intuitively guides you how to re-create your self image into a greater radiant perfection. It is in this way that you learn from all that you have done and gain a mastery of how to harmonize the outer and inner as one.

Can you now see the fallacy at working so hard to enter the enchanting world of the inner spaces while trying to ignore the completions staring you in the face? Can you intuit the wisdom of your higher self in Oneness, dynamically forming your access to the inner sanctums in the way best suited for your growth – clothed in the way you seek it, in the way you view life – always in accordance with the law of how you have qualified your lifeforce?

Your awareness must become a *flame*, self-radiant and pristine, so that you can uncover and enjoy the potential of a fully Awakened body. On the spiritual path we all start somewhere, in fact right where we are at present moment. As you continue, you gain greater freedom and experience.

Some schools of meditation teach that the body must be transcended to enter into the world of spirit. While many say that in their meditative practice they have no real ability to "leave" the body at will and the above seems rather exclusive, the reality is that most people are only twenty-percent in their bodies. Ignorance of, or refusal to embrace, the body and soul as one intertwining reality is a form of cultivating escape – for your body temple is your creation, made possible by you as Divine Presence. If you are not living in the Truth of your Divinity, then you are not fully Present in your body.

True freedom of the spirit, genuine liberation in all realms of life, can only be gained by grounding your Eternal Body of Light into its physical expression. This requires overcoming self-established "seed distortions" of the perfection of your existence. These distorted images reside above your head and sustain their subtle effect by qualifying the flow of your spirit into the body to be in "such and such a way." These images cannot be discovered

in the pure formless essence of your being, nor can they be uprooted through a physical only orientation. Without consciously residing both above the head and in the body at the same time this pathway of grounding is never consciously entered, purified and strengthened. The joy of effortless liberation cannot be found, except in interrupted moments.

By meditating with a firm grounding in the body you will find many playgrounds, but you will also be in the right place to dissolve the veils of separation, because you are remaining in the vehicle that your soul has created – I AM. Meditating in the body includes both transcendental experiences and subtle movement within the collective psyche, as overseen by the enlightened beings awake within the collective wisdom.

Tantra is the happiness, the joy, the dynamic of form. It is a great feeling within form, whereby you are both transcendent and at one with form.

The Eternal Body Radiating forth as the Blissful Wave of Awakened Consciousness

Each of us must at some point achieve the Eternal body, which is the translation of the bodily atoms into the consciousness that they are You. Then your body is Light, is solid, is there, is not there, or takes on another form altogether, depending on your state of consciousness or your particular orientation at the time. The unity of spirit and matter, consciousness simultaneously ascending and descending, is a great freedom.

Your body is the place where you will achieve this mastery. All beings will, in their time, eventually awaken to their Eternal undying Perfection within the body.

It may take a billion years, it does not matter. It is up to you. This is the depth and undeniable outcome of the tantric dance. Being aware of this eternal state in form, I can write about it, for without this understanding to share, I would have no reason to write at all. This is my soul providence, the providence of everyone. This is the aura, the excitement, the possibility which this book desires to ignite in you! It is not something to which you give a part of yourself, it is something that you give everything to. This is Ati. This is form and formless being of the same. This is the Tantra of the Beloved – full unification of consciousness in form.

The Tantra of the Beloved is a unification on all levels that occurs through your own purity, beyond name or form, yet being it all.



The Beloved of Tantra

The Twin Flame

The Tantra of the Beloved, in its fulfilling Love, includes the physical marriage with your Eternal Twin Flame and the work that is done through that agency in the name of the One. The Eternal Beloved is full consummation of the Grand Cosmic Love Affair personified. It never ends its cosmic dance, forever revealing the Glory of God in greater and greater ways – I Am.

This wondrous union of consciousness, awake and fulfilled by the dance of the soul personified as Twin Flames inspires the title of this book and is further explored in a later chapter.

To awaken to this Tantra of the Beloved, excel in every way you know best and discipline the mind to serve the harmonious and penetrating purity of Self. To find this purity, never stop, for the sincere heart knows no defeat; this is your purity, of which you will become more and more conscious of through the depth of your practice and Self-Realization.

Moving in this direction is the feeling of being internally, eternally, Awake in meditation; of being still, then inwardly and indescribably opening

yet a further, smaller, more expansive door of the Self. Moving in this direction of the Tantra of the Beloved is valuing the purity of your own Light. It is finding your self-radiant Light in ever freer circumstance – experiencing Light as birthed from your spiritual Presence, giving forth your qualities and the qualification of life itself – the birthing of creativity.

Moving in the direction of spirit awakening is the force which compels you to do a yoga set when you feel low. It is the force which enjoys meditation. It is the unselfish prayer of the heart, wanting the best for all.

Sadhana is both disciplined and spontaneous meditative practice which forwards your spiritual awareness. The more your life becomes sadhana, the more you creatively anchor higher awareness within the body temple. This engages you into the Tantra of the Beloved, from which there is no turning back. When you can go no further without a teacher, you will meet your teacher. When you must face a certain situation for further growth, then it will happen. When you need a certain wisdom, the universe will arrange itself to show you. When you can go no further without your physical Twin Flame (not because you demand it, but because in simple truth you are ready), then the Earth ordains it and you will meet and continue in this sadhana with the physical enjoining of your Beloved Twin Flame.

No Way Out But Through

Your soul is the living light of all your experience, enlivened by the radiant nature of your spirit. The specifics of your identity, the image you bring forth, the essence you embody, is your soul.

Understand, then, that upon entering the path of physical creation there is no turning back; it is an impossibility. Every soul purely awakens awareness of their Oneness, again and again from within their ever expanding unique body of living Light.

This is the work of God; humble yourself before it, become it. These are the words of a Buddha, which are both manifest and unmanifest. It is only in our Buddhic consciousness that you are free to enter any path. Once entered, you are bound by your own creation to its fulfillment. I do not say this in the little details of life, which are always free to change their form as you do. I say this in the framework that there is no way out but through.

There is no home to go to but the Self. There is no place but the Oneness. There is no path other than completion, no path other than the Light of the Self.

A mature student will not take this as a license of egoic activity, replacing the light of their teacher, their family awakened in the light, or their higher Presence with the shadows of their desires.

If I say, "There is no need to meditate, for we are meditation," a mature student will meditate twice as much, constantly freeing themselves in the intensity of their meditation to discover this truth. An immature student will say, "My teacher says meditation is unnecessary, so I will forget the idea."

A wise teaching is to do what you feel like, to do what is in your (highest) excitement. What a great truth for mankind to live by. An immature being will say, "I can do anything I feel like, therefore I have freedom to do what I want regardless of how other people feel." A mature being could never distort this truth in such a way, because such a being is sensitive to everyone as their own self. Such a being has no desire to harm another in any form, knowing that the Light of personal excitement, lived in higher Truth, benefits all. Such a being can use this statement to free themselves from the binding ignorance of social consciousness and become a Light to all.

The Tantra of the Beloved, in the form of the Twin Flame, is not the withdrawal of a couple from the world. It is the totality of existence wrapped up into the fabric of the couple themselves. As they hold a clarity of this fabric within the Light of their relationship, they release their Light in ever greater degrees into the world, as a transformative activity of the Mother.

Centering in Your Essence Self

Remaining centered within your Essence-self while simultaneously blending with another consciousness into a greater whole – this is a tantra. Tantra is orchestrated and commanded through the knowingness that all is One. This is the dance of form and formless perfected. It is enacted constantly, for we could not exist without it, yet very seldom is this magic realized or used in a conscious way.

When you are clear, strong, vital, pure and continue to unfold as such, you eventually live the blending way of the higher self.

When everything comes together to create the aliveness of the moment – this is tantra. The angle of the sun, the coolness of the breeze, the perfumed scent of jasmine wafting in the breeze, the passing thought of a friend, noticing the tip of the nose – suddenly you have a magical moment that seems beyond time; indeed, you may casually remember it at odd times in years to come. Magical moments transcend linear concepts of time into outpouring concentric wavefronts of associative reality.

What is termed "Christing" is a tantra, for to become all of who you are is indeed uncovering the radiant truth of who you are. So tantra is beyond classifications and divisions, i.e., this tantra, that tantra, yet we create its playground through seeming divisions and classifications.

Developing individual presence free of distorted individual will is the artful tantra of Awakened Love, the true understanding of your I AM Presence.

The Higher Body of Light

The success of this Yoga is in calling upon and becoming conscious of your Eternal Divine Presence, through tangibly clothing its ever radiant Presence of higher Light and activity with a feeling-image of yourself.

You start by inwardly looking up and feeling/visualizing/imagining/knowing an omnipotent higher SELF above your head that is constantly organizing your world in a "heart-feeling" of Perfection. You radiate this feeling into your body and thoughts, consciously qualifying this Presence with whatever sustaining and all-powerful qualities it needs to accomplish its task.

The higher Body of Light above the head is a reality. By calling upon it, meditating on it and reflecting on it, you awaken to this higher reality of yourself. If you keep at it, you release all sense of struggle.

Long deep meditation is vital in developing greater awareness of your subtle light body. Draw forth an image of light, through Love and focussed awareness, filling every cell with this new identity. Eventually your presence of light is consciously felt as the nature of your body, world, thoughts, everything – patterning it as above, so below.

Start imagining yourself doing things above the head. See yourself perfectly radiant, perhaps twenty to fifty feet tall. Look around, blessing

everything with Light. Create your day to be wonderful and steadily radiate through any obstructions till they evaporate in a higher frequency.

Your higher light body is the bridge between your all-knowing infinite spirit living in Oneness, experiencing itself as the cosmos, as well as that part of yourself that enjoys riding a horse, walking, doing everyday things. It has infinite elasticity. Learn to create your world through bringing this subtle all powerful Light into greater and greater tangibility.

Eternal Life and the Passion of Death

The passion of death is another way of phrasing the True passion of Life, which is the Flame Eternal, your aliveness, underneath all outer phenomena. Holding the blissful passion of the attention upon the Eternal Presence, death is but an empty shadow. The Self is joy-filled at releasing the shadows held within its being, that Light may shine forth brightly in its place. Power is never again given to things which base their reality upon the shadows.

Can you become passionate even about death? What can possibly ever hold you back? Is death real?

Quite real, as much as you make it so! Only your delusions can ever die. In the fire of self-awakening, passionately dissolve limited outgrown frameworks wherever you find them, into unlimited, creative, awakened Beingness.

Death and Living, together, make life. To experience Life beyond, Pristine by its own radiance and Eternal, you must let die the bonds of limited thought. In the experience of Eternity, not as eternity in time, but the Eternal Presence, death is something constructed to release the constrictive views of life. Passionately embrace it, look for it and want it. This is the death of death.

Physically dying is not a death of death. Suffering is not a death of death. Forgetfulness is not a death of death. This kind of death is only a polarity of constricted life. Look for this kind of death in order to embrace it into your Eternalness; watch it vanish as you release the limited thoughts and unforgiven feelings which automatically invoke its polarity of death. Then you are free to Live... Alive.

"I AM Eternal, experiencing this moment." Try to watch life this way at times. Feel what it is like to be eternal consciousness. Are the colors around you brighter? Can you anchor on to this feeling and sense your body as having no age, because You – Eternal – do not?

The stakes always become higher, the universe never stops in its creative expansion. The identity of an individual soul, built upon for so long, for so long worked upon and made brighter, is released into the simple truth of its existence. This is the ultimate death beyond which there is never death again, only awakening, for the Oneness of its own awareness can never be bound.

This is full Christing in Radiant Buddhic Meditation of Truth as You. At this point you become Ascended, a Master and even Cosmically Liberated, creating and watching over whole worlds of existence perfecting themselves. You may even incarnate in your world, awakening again and again in the womb of Ever-Expanding Perfection. The magic of Oneness can never be explained – that is its greatest Grace!



Chapter Four

FACETS OF TANTRA

Just as the Universe has many layers of experience, so does the understanding of Tantra.

Tantra, as a teaching, has exploited this by giving many wisdoms and trusting that each person can only "see" the one that is theirs.

When a soul is ready, another level is seen. A deeper truth is felt within. A grander dance can entice the mind of reality. The little things in life are seen. The elusive becomes the ocean. The Dance is Becoming.

People often resonate with teachings similar to and just a bit beyond their own understanding. There is a mystical pull of the beyond, combined with some common or soul-remembered level of experience that stirs up feelings. The more truth in a teaching, the more soul-resonance is felt. Simultaneously, such a teaching can be challenging, asking you to make real changes in your life.

Spiritual growth, at times, can go through some definite flat spots and is sometimes very mundane, boring and may not appear to offer any advantages over undisciplined do-what-you-want-when-you-want-to-do-it living. There are complications, demands and challenges. You must have both substance and humility to keep going and penetrate through the cloak of subtle resistance. The teachings must be something that will help you get the job done.

What gets you through and is most important is your home-work. In spiritual growth, homework is the quality time you spend with yourself, i.e., meditation and transmutative practices. Before any of the tantric paths can be *seen*, there must be at least cognitive glimpses of real self-radiant, pristine, peaceful purity within. In short, you must know that you are Divine and have some experience of it.

Transmutative practices which move energy and bring forth an inner stillness are invaluable in bringing forth this first important spiritual realization. Meditative application opens the inner spaces and feelings of the body, through which the subtle play of tantra can be experienced.

After knowing yourself as Divine, you must develop some application of it, i.e., the ability to transmute energy within and around you into a higher state.

Finally, you must really value spiritual growth, i.e., the commitment and the willingness to surrender limitations which get in the way. How many awaken a meditative feeling within themselves, yet never give it the space to bring them to another level of living?

Entering the tantric path as a bohemian, uncaring and rebellious to everything of life requiring discipline, only brings up an amplification of those qualities. If you want to settle for that, why bother?

The Many Views along the Tantric Path

Various schools of tantra emphasize spiritual experience through particular domains of awareness and relationship.

The tantric schools are classified by the manner in which relationship is developed through their practice.

Red Tantra: sexual, sensory, bodily energy awareness.

White Tantra: communion in the higher Light Body.

Black Tantra: gross and subtle self-centered manipulation of others.

This book examines each of the different tantric schools, with an emphasis upon white tantra and the development necessary to awaken into it.

Red, white and black tantras are different ways of dancing. They call upon different skilful means, play with different morals and see the world in different, but not exclusive, ways.

Each tantric school intensifies a particular frequency of human nature. Each has its hidden delusions, grandeurs, experiences and eternal wisdom gained. Each school addresses basic human nature, as viewed from its vibratory perspective; in this sense we are simply giving a terminology to the inner workings of life.

This terminology becomes useful while grasping that everything in life is spiritual. Through acknowledging the Perfection of all experience, manifest harmony is found. Nothing is by chance. Everything that you do, or that happens, is instigated by some thought or action. Because we are in truth "One-Being," we undeniably have a great influence upon each other.

The value of understanding the subtle workings of black tantra is in your own purification. By being able to inwardly reveal the origin of distorted thoughts, you find your hidden resistance and incomplete images. In the advanced stages of self-realization, it is often the ability to "catch" a resistive thought or feeling, follow it to its subtle source, and find out how it gained a living resonance within you, that releases the ignorance separating your daily consciousness from radiant eternal awareness as omnipotent spirit.

Red tantra, as a sexual, energy and sense-oriented practice, gains value as a movement towards emotional healing, intimacy, quickening and greater awareness of the subtle and physical integration of the body. Its fruition

comes about through realizing that sexual energy and all the other kinds of energy in the body are simply the movements of a single Presence – I AM. This not only frees circulation and awareness, but allows your inherent divinity to take full reign within the body and pattern it to a higher and more fulfilling vibratory rate. Without this elevation, red tantra is held only as a skilled technique, lacking in the greater radiance, direction, fulfillment and love of the higher self.

White tantra emphasizes the acknowledgment of and centering in the Perfection of your higher self. Knowing your true nature, you awaken a body of light sourced from the pure radiance of higher consciousness. White tantra continually breaks down the barriers of separation between the omnipotent light of your higher Presence and physical reality. Relationship is cultivated through awareness in all realms, physical, inner earth and pure consciousness, calling forth a unified conscious existence anchored from the deepest truths of your soul.

White tantra is relationship and inner development governed through the activation of your image above the head.



Yoga and Tantra

YOGA is the purification of your energy channels and inner spaces. Thus it involves practices like visualizing Light moving through the body, breathing prana and directing it through various energy channels and opening to inner spaces and realms. As this continues, Yoga becomes the practice of wakefulness, of recognizing yourself as emanating from your Eternal and tangible Presence. Yoga is the self-centered application to achieve unity of your Divine Radiant Presence and your outer awareness. Yoga involves the transformative and practical steps of self-development to gain this reality.

TANTRA is the projection, radiance and blending of your Presence in its interaction with others as a synergistic experience of a greater whole. Tantric practices depend on the internal refinement and awakening of subtle energies and awareness. Tantra is yogic refinement and awareness put into action. Tantra actively recognizes the Oneness.

In a dynamic reality, the terminology of yoga and tantra cannot be long kept apart. The yogic application of awakening within the inner spaces brings subtle awareness of our world, thus tantric interaction. The light emanating from each of us lives in each other, influences each other and creates each other.

In your spiritual application, the energetic support of an inner radiant presence (prana) is necessary to maintain spiritual integrity and a strong inner stance amidst the many thoughts and feelings projected by others and generated from your own activity. Yogic techniques are a practical development of this energetic support.



Yogic techniques create a quietude and an ability to focus the mind upon an intention. Yoga clears the channels so that you gain immediate feedback into how you use your lifeforce, thus keeping you on track.

Preliminary Practices and Establishing a Sadhana[3]

The first important step is establishing a practice of purifying and uplifting techniques that address the body, emotions and clarity of mind.

We have seen, again and again, persons who have applied themselves into consciousness of the Light and a fascination with subtle phenomena without first creating a meditative centered quietude of mind and a fitness of body and emotions. With rare exception, this has resulted in an obvious imbalance, distortions remaining hidden in nooks and crannies that continually color everything that occurs.

As emphasized so often, with good reason, Eternal Yoga works from all sides at once, coordinated by the sincerity of your inner Presence. Thus the body is worked with, the emotions, diet and environment are examined and refined, decrees and various types of creative meditations are applied and the fire is kept burning through thick and thin.

While this is a definite commitment, a definite walking through the door of decision to engage yourself into awakening as a spiritual being, there is a Grace of how all these facets fit together smoothly. A Dynamic Yoga Set creates the space and feeling that naturally leads into deeper meditation. All the facets work together as a whole and in the long term, working with the total solution is a lot easier and more efficient.

The companion book, *Eternal Yoga – the Applied Science of Ascension*, focuses in on creating a sadhana of various transformative and internally nourishing practices. When I started writing these books years ago, this book and the Eternal Yoga book were one book. The depth of the subject, for space and digestibility reasons, prompted the creation of two volumes.

The existence of duality, the power of the emotions and the challenges of limitation are part of the tantric path. To continually maintain or regain clarity in the dynamic dance of the soul as being all things and the Pure Presence at the same time requires the inner depth of a Yogi. Shantara often says, "If the person is not a Yogi, it is doubtful that they will make it the whole way." When life explodes in its displays of self-created phenomena, the incredible elasticity from feeling snowed under to surfing the cosmic

[3] Sadhana is your daily meditative and transformative practices

waves of ecstasy, to penetrating fields of mud to find a gem, requires the skill of a Yogi.

This however is not beyond reach of anyone. Yoga is your spiritual application. Anyone who sincerely applies themselves to enter the depth of their being, underneath the surface emotional and mental chitchat, has entered the Yogic path. Yoga, as an active and alert rather than passive affair, requires everything of you. Leaving no stone unturned, it is after all yourself of which you are gaining full and clear awareness.

Owning that you have created everything in your life, as it is, up to the present time, allows you to intuitively sense the intricacies of your creative ability. Recognizing that everything happens as the result of a creation is an important step in recognizing the truth of your spiritual existence. Your creative ability is sacred. Going deep enough to discover the source of your creative essence leads to the discovery of your God-Flame.

Inwardly, firmly, sincerely and with a relaxed but focussed disposition **call upon the Radiant Perfection of your I AM Presence** and you will spontaneously gain all necessary wisdom. This is inward surrender and outer activity as one consciousness. This is the wisdom of Yoga, which you embody through its application.

Forming and Dissolving Supportive Frameworks

As frequently emphasized, the tantric path is something that becomes spiritually viable and possible as you awaken to the internal spaces and senses, to the innate feeling of your inner Presence. This progress is a fruit of your daily meditative and transformative practices.

In Divine relationship, higher emotion and sight is experienced in every aspect of creation, even the most ordinary. This occurs in proportion to the depth of Love and inner attunement that has been reached.

Thus, life is embraced. The embracing of your environment, family and ordinary world presents a problem in that the immature practitioner can quickly become swallowed up into the tamasic* tendencies of beings who

* Tamasic energy moves in a previously established momentum lacking freshness and connectivity to your Divine radiance. It tends to be confusing, deadening, dense, and disconnected from the greater reality of spirit.

are not awake spiritually and, through confusion of what the tantric path really is, the practitioner trades the carefully nurtured Divine experience for the trappings of conventional social life. This happens because there are real completions needed in the ordinary world that have deep undercurrents. These undercurrents pull the practitioner into tamasic qualities in the world like a whirlpool; the student must be strong enough to stay afloat.

Thus supportive frameworks are created. Guidelines are followed that insulate the practitioner and keep the attention focussed in an elevating manner. A vibratory potency is built, heart feelings are opened and structures of containment developed to prevent dilution.

Every step of spiritual achievement is carefully used by the practitioner in dynamically cultivating attention upon their inner source of spiritual radiation. The most common example, a very effective approach, is the use of mantra as a name of God to elevate and anchor awareness in the sense of divinity.

The tantric path is not the acceptance of social limitation, rather it is the embrace of the Divine underneath it which makes existence itself possible, including social limitation. It is an overwhelming feeling of Love, a clarity of awareness and the knowingness needed at each moment of life's blossoming. The adept remains in Divine consciousness while using the ins and outs of the world as a play to experience the workings of the ONE, to reflect areas of growth needed.

Examples of supportive frameworks include dharmas, various schools of teachings, philosophical approaches and attitudes to life, sexual and emotional mood and approach and, most importantly, the individual nuances of character by which you retain some form of individual identity.

As you advance through inner initiation and outer application, clarify your self-identity beyond particular outer nuances of character and recognize your innate essence qualities. Then previously held supportive frameworks will **naturally** drop away. I emphasize naturally, as these frameworks hold a very important purpose. You would not think of removing the scaffolding around a building before you finish building it.

As old frameworks are removed, new ones are chosen to take their place. This dissolving of old references and building of new ones is the evolutionary path of tantra. Tantra is a pathway of being, of meditation, of relationship.

Tantra is not a philosophy or a theory. Philosophies and theories, while sometimes of benefit, denote a level of doubt. They exist on the level of thinking knowledge, not soul wisdom. Doubt is not an empowered practice. Doubt is not a clear view. Doubt is not a knowingness. Tantra is a practical knowingness, a continual dynamic expansion of that knowingness.

Tantra gains its potency through understanding that you get there by being there. Being there came from getting there. You get there by holding the vision of where you are going, letting your higher Presence work out the details in the unfoldment of your knowingness – "I AM ..."

When first entering the spiritual path, distractions are held at bay and an intense focus is held long enough to gain and stabilize certain experiences and equilibrium. Then you expand the scope of your domain, accordingly to your evolving ability to remain attentive and focussed in the sense of your divinity.

What maintains this intensity is a constant guard of your awareness – not letting it slip into confusion. Your guardian angel is the inner voice of consciousness that keeps you on track. However, you must call forth the presence of your guardian-self and value it by listening to it. Your guardian-self will work for you in many seen and unseen ways.

Tantra is a path that uses everything. It gets into every corner, every facet, every secret room and brings them to light. Thus it is a path of extreme intimacy. I have not previously emphasized the importance of a teacher, because at this stage of practice it becomes very obvious and sacred to the practitioner.

What is not always so obvious is the understanding of who or what the teacher is. For the sincere practitioner, this is a fire that keeps everything moving. It does no good to theorize about what the teacher is; it is totally useless to doubt who the teacher is. The only solution is to find yourSelf. In this way you develop a real relationship with the teacher, because it is part of a dynamic process of the soul. Flowers and worship are just outer shows, sometimes ones that actually get in the way. The dynamics of the student-teacher relationship are practical and, at the same time, an inner experience of tremendous depth. The workings of this relationship go beyond a set formula. What is true for one may be different for another. At one time a teacher is needed in the physical, at other times in the formless. Another reason why I have not emphasized the teacher is that the student tends to

transfer the power of their awakening into the "all-powerful" teacher, thus never discovering for themselves the depth of their Soul. **The role of the teacher is to return a student to themselves, while simultaneously working with those students who have first initiated themselves by the sincere desire to grow.**

It is healthy for a student to remember that primarily they are students of the Light, for truly that is where they are going in their Awakening.

Tantra gives a lot of freedom, and here lies a danger. Tantra is not learning to swim in a shallow pool. You go right into the deep ocean, the nearest land being several miles away. Tantra gives you freedom to fall off the path, to hang yourself, to rebel – and it does nothing to prevent you from suffering the consequences.

The wisdom of a competent guide is so invaluable for the above reasons. A spiritual teacher is an avenue of empowering radiations and inner transmissions. A spiritual guide may alert you to slow down, as a cliff lies around the next corner, but the guide cannot prevent you from falling off it. In the true depth of the spiritual path, you must make the intuitive application, thus gaining your own strength and confidence. You would do your best not to fall asleep at the wheel of a car. The spiritual path sometimes requires the same determination, yet because of its subtle qualities, the literal strength of this analogy is often not understood.

Tantra is like climbing a ladder and pulling up the ladder underneath you as you continue, thus creating steps for further advancement. The teacher helps the student in establishing frameworks. Practices are given. Certain attitudes are reinforced. A feeling is given to the whole process. The teacher helps the student see into areas of contraction, sometimes very tricky past karmas. As the student continues, this teacher, or perhaps another teacher, helps break down previous supports and build new, more expansive ones.



Tantra in its most advanced stages ignores all concepts of support frameworks, such as notions of who is enlightened, what is spiritual and what is not and ideas of what is mature and what is not. Everything is upside down, and that is upside down again. The unemotional Yogi is passionate, emotional, ordinary, Divine, all over the place, very stable, never blinking an eye, extremely compassionate, totally detached, perfectly balanced, radically extreme. It cannot be figured out – because Tantra taken to its fullness is a freshness of the Divine moment. It is all a response to the world as it is, exercising the enlightened freedom of bringing Love and childlike wisdom to every situation. It is a demonstration of the mastery of the subtle flows. This behavior cannot be figured out from outside observation. But observed through an inner viewpoint the tantric master is perfect, precise and sane, fragrant of Divine clarity and enjoyment. One minute the practitioner may be the most noble statue of strength breathing fire into all who witness, the next a simple, carefree, naive child. This is a natural unforced development. At all times there is a tremendous clarity of just being Light, Happy and Free.

The danger is to misunderstand the essence teachings of Individualized God Self and turn in the towel half way through the path, in order to give yourself egotistical freedom to do whatever you want. As I understand it, this is not, or never was the path of tantra. A developed soul is not an egotistical contraction. The feeling of non-dual nature or the Oneness is always there. The ego has become the full radiance of Divine wisdom, as uniquely expressed through a particular body in the body of the ONE Light. It just so happens that all is seen as Divine, as Love flowing underneath and nourishing every atom of existence. Therefore you come to see previously useful divisions as artificial.

Each teacher has particular strengths, flavors and tools that they emphasize. Also different approaches are given for different people at different times in their lives. Thus an absolute formula for practice does not exist, other than the obedience of universal laws which are obvious in the Oneness.

The foundation support of dynamic conscious movement, kriyas, formless sitting mediation and humble introspection are often continued even in the advanced stages, when all of life becomes one big unending meditation of your spirit.

The Inner Fire of Self Radiant Awareness

Tantra emphasizes embracing life as an active application of subtle awareness. Because the intricacies of this teaching are so subtle, albeit tangible, the experiences of the path are sometimes mistaken as a finality of attainment.

That is one of the reasons why the years of meditation, of introspection, of surrender to a path and of breaking down are so important. In the beginning, the ego is something to be transcended. This is a natural view in the process of breaking down old frameworks. However, later in the tantric path the purified ego is not something to be transcended, rather it is the outpouring of existence itself. It is the "Self" of the term "Self-Radiant."

Without the purification of self-contraction, this understanding can be taken as license for all sorts of egomaniac behavior and avoidance of issues, by excusing such behavior as being the nuances of my innately perfect self-radiance. This is an example of why the tantric understanding is really an advanced path.

In the tantric path, it has been said that there are only two outcomes. Either you become a monster or a Buddha. It is all determined by the innate purity of what you continually accomplish in your preliminary practices of basic meditation and moral growth. If certain karmas are still needed, but not dealt with, then they will demand their domain, even if that involves becoming a monster.

To want moving experiences is natural, and inner experiences can be very moving. *Maya* is a Sanskrit word referring to the illusion of existence. It is not that this world is unreal; rather, You are why it *is* real. Awareness of your formless and radiant I AM Presence is the means of Eternal experience. Translating this into your physical, mental and emotional existence is the tantric path.

> **We must constantly relax into the intense fire of purity. Cultivating and maintaining this is an enlightened spiritual activity. These simple words gain greater substance of understanding through maturity.**

It is a universal law of consciousness that you become that upon which you focus. **You get there by being there.** This is a paradox; you are urged to

embrace and identify with life to the fullest, yet are told that it is often these very experiences that bind your attention into limited consciousness. This purification of what relationship really is, this is the spiritual advancement.

There is no way out but through. The art of being it all, beyond any sense of paradox, is one that we as souls have been evolving with over millions of years. When you give conscious recognition to your "I AM Presence," the door is open to your unlimited potential.

The joyful feeling of empowerment, **"I AM The Ever-Expanding Perfection,"** is that by which you grow into your radiant fullness. It is therefore a great joy within all of creation when you truly begin to grasp the ultimate simplicity and power by which the Self-Radiant balance of life may be attained.

The supreme simplicity and power of your innermost Presence is constantly existing in Perfection and constantly meditating your world into that Perfection. You as an Eternal being are constantly outpouring or else requalifying this Perfection as the case may be, experiencing yourself exactly as you choose to.

When you become consciously conscious, you automatically gain command and qualify your outer world through the inner sense of Perfection experienced within you. Eternal Yoga is the application necessary to bring forth this awareness. This Yoga is inseparable from those who have already mastered it and live in the Oneness, such as the Beloved Ascended Masters who are referred to in greater detail later in the book.

Awakening to the inner sense of Perfection is the fruit of meditation. Tantra is applying this inner sense to anchor and mould your perception of the outer world into Perfection. As within, so as on the outer; meditate on this and actualize your world into a resonance of Perfection.

The simplest of understandings require the greatest sincerity to master. The sincerity of your purpose can be inwardly measured by the heartfelt connection it has to a sense of Oneness. Oneness of its own accord is already Perfect and dynamically Present here and now.

Measuring, analyzing and limiting Perfection to perceived outcomes is an act of the separative "I" ego awareness. By focusing awareness within the "I" field of perception, we are not fully in the state of Oneness, thus lose touch with that undying Eternal Sense of Perfection.

A being who can firmly grasp that sense of Perfection as their core, apply it through the "I" consciousness and recognize that this is the way of the Oneness, is a soul who has gained Liberation into the Oneness through their "I AM" Awareness.

In the Oneness we awaken to our existence in the One Body and the Eternal support of the One Body, One Mind, One Heart in all that we do. The struggle is forgotten in the simple and Divine fullness of Life.

Non-Dual Nature

To really apply yourself in yogic practice, you must establish yourself in *non-dual* nature.

Non-dual nature is getting there by being there. For example, say you want clarification or guidance on some concern and go within for this purpose. If your mind is in a question mode, a "what if" mode, then you are open to all sorts of frequencies. Your mind could manufacture what you want to hear, or some influence in left field could say what it wants.

The non-dual approach is to first establish yourself in clarity, then expand your knowingness to understand the answer. Thus you first decree, "I AM Clarity." *"I AM the clarity of whatever I want to know."* However long it takes to establish this feeling, this alignment within yourself, is the inner work necessary to receive the knowingness of your answer.

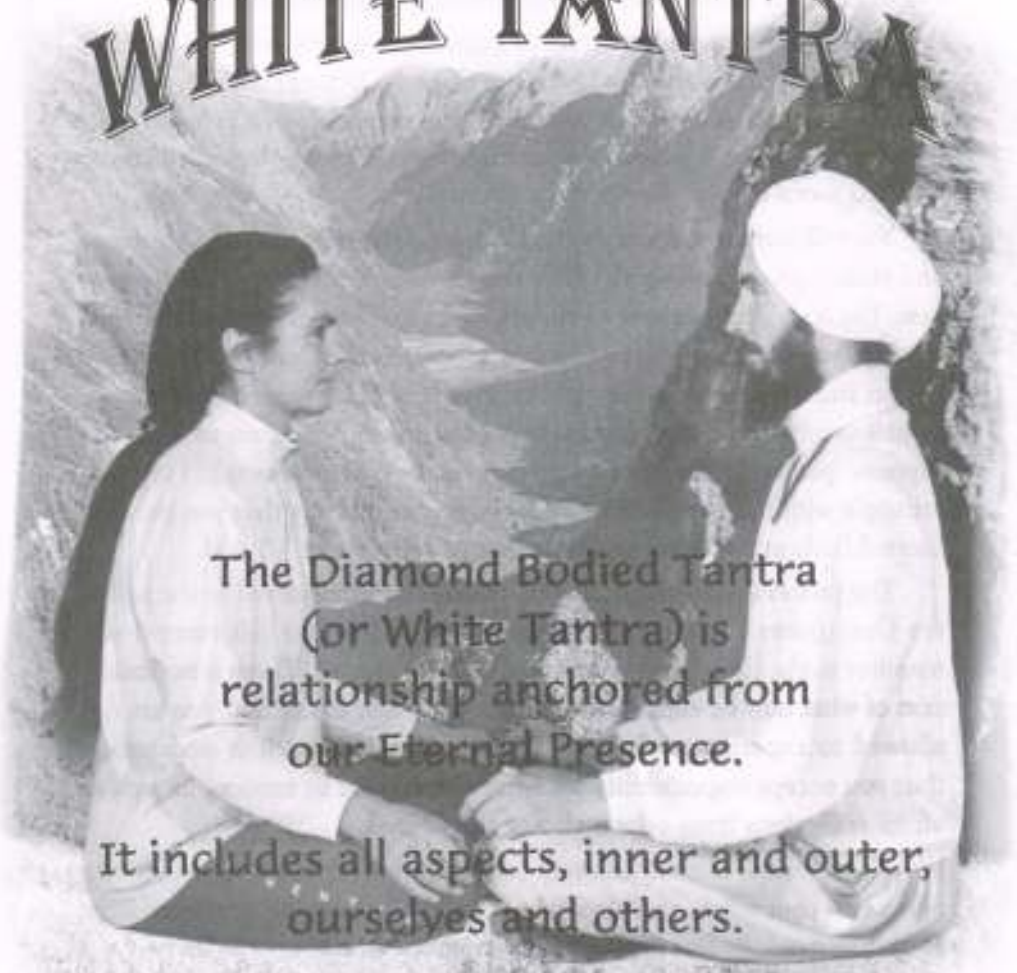
In meditation practice, non-dual nature does not seek with the mind. In a chant, you are not trying to put together the meaning of the mantra, rather, you are deepening your vibratory presence with the mantra in a non-verbal centering. Yoga practice is thus a deepening of being there.

In non-dual nature you do not look to the techniques as your liberation, rather you simply use them to deepen your already known Presence. This simple understanding, has very profound ramifications. Surprising as it may seem, many on the yogic path seem to miss it.



Chapter Five

WHITE TANTRA



The Diamond Bodied Tantra
(or White Tantra) is
relationship anchored from
our Eternal Presence.

It includes all aspects, inner and outer,
ourselves and others.

White Tantra is Awakening
within the Body of the One -
our Eternal Home.

The Love of Light

Your Presence continuously and effortlessly radiates itself as Light.

White tantra begins as a *Love of Light* and all the wonderful qualities that your infinite presence, as Light, can embody. To love the light, respond to it, awaken to it, see yourself in it, purify and define yourself in it and be it, this is the elevation required to enter the higher tantras, or higher and more fulfilling forms of relationship and existence.

You will learn to use the purity, inherent definition, emotion, intimacy and vitality present within the body temple to hold and refine your awareness. The body's tangibility is a wonderful vehicle for developing wakefulness, whereby you become an active participant within the Oneness. The body's perfect and self-adjusting vulnerability gives feedback to your own creations, as well as awareness of others. In such a framework, you learn to apply the supreme qualitative ability of your soul, to guide your attention as a creative principle within the invincible Oneness. It is in this way that you gain the Eternal Body as a wakeful and harmonious penetration – I AM.

The process, however enacted, is inherently surrendered to the will of the One (purity), so through the permission of the One (alignment) you manifest in the One embodiment your essence (Love). **There is no limitation of what may be experienced. There is no one to say that you are not allowed to experience whatever you desire. However, it is understood that you accept responsibility for whatever you set in motion, as well as all its reflections from others also of the Oneness.**

White tantra, in comparison to other forms of relationship, comes into play when your subtle and physical presence is consciously anchored from above the head. At first this anchoring from above may only be known as a sincere and continual affirmation, a decree and a sense beyond doubt that you are invoking the heartfelt purity of your *Higher Self* to guide you and set the stage for you life.

As you become more consciously conscious, the tangibility of your decree, *"I AM,"* is experienced in terms of light, as energy pouring down into and through your body, the ever-opening sense of joy emanating from within. You develop a radiant image within that light. Your unflinching commitment to awaken to your higher presence brings a practical blessing over every area of your life, opening greater awareness of your light body.

In white tantra, you relate to the body beyond the outer personality and outer constraints. Your bodily identity has grown to include physical and subtle attributes. **It is the path of the Yogis.** It requires the cultivation of Inner Radiant Awareness. White tantra is the spontaneously obvious skilful application of radiant awareness into all aspects of your life. This awakens an active participation within the Oneness.

Relationship and the Oneness

In the lower tantras, relationship gains momentum through consciously or unconsciously recognizing the apparent reality of separation. Thus, a certain tension is necessary for this type of relationship and activity.

In the higher tantras, relationship is possible because you have first found your own self-radiant Light; in so doing, the Light of others is also seen and interacted with. White tantra is the blending of your individual radiance with others' as an outpouring of the Oneness, not as a manipulation of outer charisma, sensuality, or power.

As you clear gross obstructions in the body, mind and emotions, it is natural to become aware of and responsive to the inner self. A whole world of more conscious relationship awaits each and everyone who wants this awakening and is willing to work for it.

The sensitivity of and obedience to your highest expression, in any given moment, is what gives it greater tangibility. This active meditation continues the increase of tangibility without limit. As you understand the mechanics of your own creative process, the physical body is transformed into a direct physical outpouring of your higher radiant consciousness.

In the body of the One, we grow into new abilities, freedoms and realizations from the blessings of others who have already obtained a mastery in their application. Thus, a being may come and bless you in a subtle way with what it feels like to nourish the body from Light alone. Another being may Bless you with the ability to see in a certain way, or to give forth a certain radiation. Remembering the feeling of this empowering radiation, you use it to help actualize this same mastery through your own image. By being persistent, you will empower this ability within your own Presence and can thus radiate it to others, who if diligent will do the same.

Everything is known in the Oneness and each person, as a specific individualization of the Oneness, knows what they need to know when they need to know it. The all-knowing quality of your higher Self cooperates with the higher Presence of another to orchestrate the blessing transmission when and as appropriate, often in very natural ways. The quality of everything being known in the Oneness, of the extreme intimacy, gives the true feeling that there is One Doer, One Mind, One Heart, One Activity!

When talking of the Oneness, many imagine all sorts of behavioral scenarios, as if the individual was not real or self-radiant – puppet like. To repeat again in a thousand different ways: **to enter the Oneness is not a dissolving of the individual, rather, the Oneness is found through the clarity, strength and fullness of your Individuality.** Do not distort and thus diminish your presence by thinking of the Oneness as a passive trance-like affair. Actively recognize and call forth your existence in the Oneness. Feel the heart radiance that knows itself as beautiful prior to all outer qualification. Know that there is a power within that radiance that keeps bringing forth doorways into greater perfection – the *Ever-Expanding Perfection*. It is that simple; the solution is to start right now, in your inner thoughts. Guard yourself not to give ultimate power to outer circumstance, but always to view life from the higher and integrated perspective that is born from within.

By residing in that inner radiance and honoring it through valuing clarity and centeredness, you gain the power of connected qualification whereby your soul takes command of all outer circumstance and creates your life how you want it to be.

The heart of tantric advancement is the inner relationship you form with various Ascended Masters[5] – your awakened family in the Body of the One. This relationship occurring in the subtle body is the essence of white tantra! All the techniques given in this book and the companion Yoga book are part of the preparation and enhancement of this inner relationship.

Understand that yoga, meditation, contemplation, service, on their own, are not going to get you all the way. The practices are very important, they make you fit to delve within and prepare the body to integrate increased and more subtle energy. However they do not replace the inner communion with your ever-present Light, with the Masters who reside in the inner

[5] Chapter 17, *The Family of Masters Awakened in Oneness*, presents more detail about the Ascended Masters.

Light as the Inner Light. Grace can never be put into a formula! It is only through this Grace that we achieve the Eternal Body Temple.

In the end, it is what you do with it all, the flavor you bring, the purity you live, the light and goodness that revolve around you.

Removing Spiritual Mystique

Obtaining a higher perspective requires doing the inner work. For those who do not want to apply themselves, the time is not yet. There is no mystery to this.

The Oneness cannot be explained and this is the true mystery, the true magic that works wonders in all our lives. But to mask the necessity of doing the inner work with a sense that it is all mysterious, not working by an exact inner law, is itself a distortion that this book hopes to break.

The Oneness is not mysterious. Everything occurs as part of a connected reality. For example, viewing a scene while barely able to stay awake, it is understandable that only a bit here or there is remembered. Similarly, when chanting or in deep meditation, if a scene suddenly pops up in front of the inner vision out of nowhere, or a blissful state is somehow magically touched upon for a moment, it is not mysterious. It is only that you were not fully awake to feel the continuity of the energy, the connection of everything occurring and the sense of your own spirit bringing it all forth. All experience occurs on the subtle and vast display of your own life-current.

Remember that you are here, there and everywhere. Seeing the subtle image of a person that in physical form is miles away may seem mysterious, but it is not.

Another clarification in removing the shroud of mystery is that of *Divine Providence*. Divine providence, such as the timings that a planet undergoes in its evolution, or the highest path that an individual walks on their journey, is not some numerological, or mechanical ticking in the sky or in your head. Divine providence is enlightened beings getting together and making enlightened choices, in the Oneness. This is the *Light of God that Never Fails*.

The *Central Sun* is another instance. The Eternal Light of the Central Sun is simply the Presence of Beings who have Awoken into the Body of the One. Because the Divine Presence of each being is infinite, the Light of the Central Sun is thus also Infinite and Perfect. To find this Light, go into the purity of your own heart and say *"I AM awakening in and receiving the Eternal Light of the Central Sun."* **You must call it forth!**

The real danger of mystification of the spiritual path is that its aspirants do not recognize their Individualized God Presence. They bypass it by only recognizing the outer self, including its subtle aspects, along with some emotional absolute of GOD. In this formula the ultimate sense of inner purity is hard to find and impossible to stabilize. All sorts of corruptions exist behind "the voice of God." First thing I would say is God who? For the instance there is a voice there must be a consciousness saying that voice; that consciousness is an Individualization. Without this awareness the ability of discrimination is lost, the ability to CONNECT to the inner wisdom display of the Oneness through its Awakened participants hampered.

White tantra is your commitment to purity and to becoming conscious within the play of life. This mastery is made possible by the sheer intensity of accepting yourself and all life beyond doubt as Divine. Once felt, it is thus realized as having always been. The magical Presence and connectivity we call divinity is never, at least in my experience, stagnant. Life is always experiencing the expanse of life anew, thus granting tremendous creative freedom.

Doubt and Knowingness

The power of thought is tremendous, indeed the yogis experience the world around us being formed by it. Doubt is a wedge that inserts itself between your higher knowingness and the outer mind. It is better not to think at all, than to remain in the space of doubt. When you find yourself in this space, penetrate to the source of the resistance **and be willing to see.**

When you know or experience that it is not yet time for your answer, that more inner alignment and unfolding must first proceed, then that is your answer. By acknowledging this you keep the door open. If the timing is because you have to make a stronger decree of, *"I AM willing to see,"* then this decree becomes the next natural step, perhaps even the missing ingredient of the bigger picture.

The less mindful approach is creating doubt of your insight. It can result in pushing to get an answer, often from some field of psychic distortion that is all too willing to make up the sought after answer. This type of bumbling along in the dark has serious ramifications, in that confusion generated in any one area has a way of spreading to the rest of your life as well. Knowing when to honor silence is an important part of purifying the inner voice.

Listening within and learning to respond to the signs around you requires not only inner attention, but the penetration of that attention into the depths of your eloquent silence. Before making enquiry, *always* first decree and feel – *"I AM Radiant Clarity,"* or something to that effect. Take time to feel it. Sense the body's symmetry of energy around the centerline, a free open flow up and down your spine connected to above the head. Remember, before asking, first take command of the space of your clarity. Decree your clarity and your knowingness of whatever you need to know, with a potent inner firmness that vibrates a no-nonsense vibration that is governed by your higher self. Feel it as so.

If you doubt your answer, or even your whole life, it is a good sign that you are in some way not aligned to your higher potential, your knowing radiance, or that you are not looking in the right place. By coming into an energetic clarity, such as taking a cold shower, doing a yoga set, meditating and speaking your truth, unclarity vanishes like darkness before a light. Knowingness is the Presence of your Radiance within.

Until you have gained a mastery through honest application, it is common (yet not necessary) to doubt and fumble along the way. Doubt is thus the veil put over the timing of your mastery. **Mastery, more than anything else, is the attitude and way in which you apply yourself, beyond the power of doubt.**

Doubt is like a cloth draped over a masterpiece of art, covering it from being seen until the right timing. Doubt evaporates like mist in the noon day sun when you apply knowingness – the radiance within.

Knowingness is not a cocky attitude that knows nothing of humility. Knowingness is the subtle anchoring of your divinity, like a diamond ray untouchable by duality and presiding as the king of the universe, entering your being (as it enters every being), touching your heart and giving you eyes to see.

Knowingness in the spiritual dimension is the hardfast rule of emptiness within. This is the emptiness of attention upon anything but pure Awareness of your Essence, underlying all of creation. In your everlasting victory, Awareness and your Radiant-Essence are effortlessly united as one joy-filled movement of Grace, upon which the whole world takes form. It speaks to you like the wind moving through autumn leaves, mingling with the sound of a creek, magically forming into words of understanding.

Knowingness is understanding that you can do nothing wrong, then applying yourself to learn from every mistake, holding fast to the inner sense of Perfection found within the heart. The absence of doubt is the anchoring of this feeling within the heart far beyond this world, in the source of your existence, as contained in the words "I AM."

Preliminary Purifications Necessary for Opening into the Higher Tantras.

Conscious exercise, breathing disciplines, visualization, meditation, diet and moral constraint all serve as important first steps to purify the dross created by past actions of your outer will not in alignment with the inner Wisdom.

These uplifting applications deepen inner awareness, whereby you attune to the inner knowingness that guides, protects and purifies you in the Ever-Expanding Perfection.

Start listening to the constant feedback given in everyday life. Every occurrence and activity is always accompanied with countless messages of its intricacies and ramifications. By listening to the feedback life gives us, you come to understand your creative role in forming the reality of your experience, thereby intelligently charting your future course. How you see influences what you see, thus what you experience your world to be.

Listening is a vital part of entering the tantric path. This requires developing skilful discrimination to see deeper into the source of things. In this practice, any difficulty or pleasure in life can serve to further your awakening. Honestly, I feel that meditative and transformative yogic disciplines are the greatest help, provided that you do not use the disciplines to key out difficulties, as if putting earplugs in your ears and blinders on your eyes.

As you become more skilled at remaining in the inner expansive quietude and desire to keep growing, your soul will voraciously guide you into the sea of previous unconscious activity (karma), in order to liberate you from limited habits and future difficulties. Sometimes the most unfair things seem to happen; life can appear to be difficult at times. The greatest wisdom is to be grateful that it is all coming up for release. Seek clarity, remaining firm in your resolve to be free and in the deepening of your meditation.

Through all this, you gain greater maturity and begin to feel that underlying your basic way of being – your flavor, your passion, or lack of, your intellect, your nuances – is a wisdom that is Perfect in itself. Your higher radiance knows all things, is free in its expression and is dynamic and untiring. It is constantly adjusting all of your unenlightened activity into a more true expression of Perfection. You only need to develop the skill of attuning to the true eloquence of your divinity and a greater intimacy can begin to develop with the Self.

At this stage you are ready to enter into greater communion with beings who have already achieved the Eternal freedom. You have given yourself permission to be who you are and have cultivated tools of meditative awareness. All relationship is with the Self; only through understanding the depth of this can you truly enter into pure communion with others.

Purifying and listening to the inner voice requires a homework of pure meditative and elevating practice. Neurotic behavior is not to be confused or excused as simply the flavor of the soul.

Now the final stage of purification begins in earnest. While a person may have been aware of, grateful for and enormously benefitted by the assistance of various Masterful beings, it is not until an empowered intimacy with the Self has been firmly established that a Master's radiations, or the radiations of your own higher self, sink into the tremendous depth of empowered feeling necessary for full liberation.

A person can say, *"I AM the experience of boundless Light."* However, when the radiations are felt and received from one who has achieved this, then the affirmation gains a much greater power of conviction behind it. This is what is meant by the saying, "Spirituality is caught, not taught."

This power of pure conviction activates the higher centers. This was the true teaching of early Christianity – that the power of decree, of love, could open the higher realms of Light. Understand the great statement,

"I AM the Resurrection and the Life." "I AM my I AM Presence." "I AM." This is your power, which you must apply, inseparable from the infinite power and ability of Love.

Without taking it into yourself, you will have lost it in the same way that Christianity has become lost.

The preliminary homework must have been done. While these stages overlap and coincide, every step must be completed and maintained. This is necessary because the pull of incomplete emotion exerting its influence within the extremely sensitive awareness being opened up can prove too much if wisdom and strength has not been earned through completing each step.

Another frequent scenario is that the practitioner grows so far and then stops, being unable to make further radical transcendent growth as they are unwilling to complete or acknowledge certain processes. An example would be someone in a marriage, where the partner is not interested in spiritual growth. After months of beautiful progress, the clarity of energy within begins to demand resolution in the marriage. It also starts to bring up karmic reasons, on a deeper level, of what you need to see. The other person may even be demonstrating that they are not ready to see this yet. Clarity tells you that for your own growth, you must set each other free. It is exactly at points such as this that you must consciously decide to break through, or else unconsciously cut back practice to a "safe" level, so as not to illumine your difficult next steps.

As another example, after preliminary awakenings of the overall energy field, emotion is stirred in force in the first and second chakras, bringing forth a flood of feelings and passions. If certain basic reflexes, such as the intimate balance of masculine and feminine aspects within you, have not been cultured, then it will be difficult to see the perfection, to fill out these chakras in their purity of light by directing the vital energy through the command of the upper chakras.

There is only one power which can perfectly guide you through the whole process – your higher self, your pure inwardly-felt Presence and your call to it. The wonderful beings who have gained this full mastery – the Beloved Ascended Masters, your I AM Presence, the Oneness – are all so intrinsically connected in Oneness that you cannot separate them. The difference between the Radiations of the Ascended Masters and your own higher Presence is that the Masters have consciously penetrated their higher

Presence into every cell of the body, carrying a feeling radiation of what it is like. Thus they hold a template, acting as the bridge of feeling-radiation necessary for you to accomplish the same thing.

For example, someone worships the Beloved Ascended Master Jesus. They call forth guidance and come it must. Yet if they deny, distort, or manipulate the presence of their own Divine I AM Presence, how can the masterful energy of Jesus, who is at one with that person's higher self, be received free of the distortion or denial in which they receive their own higher Presence? You must understand that nothing in the universe is separate from you, that the type of relationship you have with others is reflective of your own self.

Amidst all this, a sometimes gross, delicate, subtle, tricky, or obvious play is being enacted, working through both individual and collective resistance. This finds a lot of expression in the subtle power plays in which this planet is so embroiled. Finding the internal strength and skill to overcome these subtle traps of delusion gives you the same strength and awareness to stand firm in fueling your ever-expanding growth.

Practice keeping every experience qualified as a growthful understanding. Feel your divinity in every step and challenge. Flat tires, rough days and challenges all give practice in your cheerful mastery! They even give you a door to greater understanding, since nothing really happens by accident. If you bump yourself – slow down and understand why – become more conscious. External pressures of the world give you something to test your inner equalizing pressure. Your vulnerability is the doorway whereby you can get in touch with hidden parts that need exposing. Everything serves you when you qualify it as so.

When established in your radiant perfection, all the noise and bustle generated by the collective is still there. Rather, you no longer give it a power to disturb you. Through remaining conscious of your deeper qualitative presence you radiate the peacefully radiant aura, which alone has the power to show others the alive perfection they can choose at any moment. The ability to inwardly make of anything what you will is recognized as a greater power than any phenomena trying to convince you otherwise. Through this unwavering vision, you gain real tangible experience of your inner radiance. Know thy source!

For example, knowing that there is no such thing as an accident you use everything towards your self mastery, to show you what needs strengthening, to practice remaining cheerful when the whole world is otherwise, to be focused when the whole world is frolicking itself to sleep, to enter the deep peace of stillness when the outer world knows only noise.

The intuitive anchoring to your higher-Presence, developed through the sincerity of prayer and applying yourself towards your own purification, is the same alignment of awareness vital to every step of awakening.

This very subtle alignment is intuitively gained through the essence meditations of reaching above your head and perceiving a point where you anchor your decree, *"I AM my Higher-Presence, radiantly awakening itself into my awareness."* Because of the simplicity and initial subtlety, you have to stay with it to understand the benefit. You are activating your spiritual presence!

As another example, in some yogic exercises you are wisely advised to use a silent mantra on the breath to keep the mind focused and integrated with what you are doing. Do you actually go back to the internal chant when you find you mind wandering? Do you give it the creative feeling? – "I AM Sat Naam." "I AM what this mantra means." "I AM what I AM doing. **"I AM Radiant Being."** – The way in which you apply this helps determine the effectiveness at purifying, aligning and quieting the mind, so that you become deeply connected as a whole and happy.

The outcome of this purification of attention and activation of the higher mind is entry into the tantras of "inevitable outcome."

Through great internal ease, the radiant wakefulness underlying consciousness becomes the primal core of your identity. Everything is experienced as a consciousness and you rest in the eternity of this natural, alive state. In that depth, your identity displays itself as a "body" of awareness. The more you become all of who you are, the more you are able to maintain that wakefulness of existence in all realms of substance - I AM.



Ati Dzogchen

Ati Dzogchen is the Tibetan name for awakening to your true nature. These teachings are traditionally divided into two simultaneous stages, which are:

* **Preliminary practices**
* **Being There (completion stage).**

In Ati Dzogchen, emphasis is placed upon practices, including yoga, kriyas, meditation, introspection and activity of any kind which brings forth greater awareness, goodness and clarity. The "I AM" teachings of western mysticism are the same as Dzogchen, except that emphasis is put on the completion stage.

All non-dual teachings share the same essence: getting there by being there. All teachings towards gaining your eternal freedom as ever wakeful consciousness require that the activation of awareness above the head is understood. As it is your own basic conscious principle that you are awakening, no one can do this for you, yet it is very simple to do – just start doing it through visualization, sincere decree and reaching up into that part of yourself.

In the preliminary stages, the intense inner absorption and elevated awareness that is experienced within meditation is obviously different to the consciousness experienced in ordinary daily activity. As the completion stage matures, even in the continued practice of technique, the concept of technique itself has vanished. Everything you do, whether chanting, eating, or walking is the simple beingness of your Eternal Sparkling Alive Presence.

The success of a non-dualistic approach requires aligning your whole being into the wisdom of the completion stage right from the start. The ability to honestly rest in your own innate clarity, as radiant spirit, gains momentum through transformative practice, radiations of grace and the resultant experience.

The key to success is your intention, which guides your attention, as well as your ability to totally trust in your divinity - I AM. For those who keep wanting some complicated formula, I will spell it out again – sincerely meditate on your essence, I AM, bringing forth some qualification, such as, *"I AM Bliss."* Keep applying yourself in this way. As you do so, the various skillful means presented in this book and the companion yoga book will

find practical meaning to you. For example, there are many practices to help you stay awake when you get sleepy in meditation.

Full awakening can be achieved through complete surrender to the active application of pure higher intention, inseparable from Love. This teaching was originally the heart of Christianity. There is a great truth in this for the strong soul who can apply it in earnest. Every Master, in the process of their Ascension, has created around them some teaching or radiation of their application towards this victory.

A major aspect of these teachings, paramount to their success, is surrender. This is an area of confusion to many western minds. THE ONLY REAL SURRENDER IS TO THE SELF-RADIANT DEPTH OF YOURSELF. Total surrender includes surrendering the chitchat mind which wants to figure everything out, external security that is needed because of insecurity and personality quirks of a limited nature. Some people feel they must surrender to someone who can activate them and enter a devotee consciousness. While this has certain initial benefits, it creates a set of severe limitations which must be overcome if a person wants to grow.

The intimate interaction between an advanced student and teacher(s) is so individual, subtle, encompassing, lasting and unique that I do not believe a general formula can be laid in stone for its structure. It is based on the Eternal freedom of Love and the exact law of creation. However, it can be said that surrender is a non-issue. There is simply a correct understanding inherent in each step on the way.

Because the root of consciousness is prior to and thus innately free of all qualification, each must experience this for themselves to gain their freedom. That means surrendering the feeling of the outer self as the owner of the body, mind, – everything. Because this surrender is ultimately to the Self, it is not about becoming unresponsive, disempowered, or losing self-identity; quite the opposite, in fact. It is freeing your attention to be very responsive, thus strengthening the free generation of its radiant identity, constantly in the moment.

The preliminary practices quiet and focus your mind to clearly illumine your inner being. Gaining awareness of your inner being, you continue the process, always drawing on the activating confidence of the completion stage – I AM. You apply yourself, with skillful means, to stay awake in the subtle as you unify everything of your world into wakefulness.

"You get there by being there" is the essence of the completion stage, repeated a thousand times, in a thousand ways throughout this book. This is the teaching of the "I AM Presence," which is beyond all limitations and resides in Perfection. Another saying is, *"Duality is experienced through the sickness of effort."* That is a way of saying that Perfection is constantly residing effortlessly within. Life is about bringing it out.

The completion stage is well known through Ascension of the mind,[6] but its full expression is the translation of the physical identity into the Rainbow Light of Self-Radiant consciousness. Through Awakened Love, this Light is then available for the benefit of the larger collective body, moved by and according to the Law of the Oneness.

Rainbow Body

The *Rainbow Body* is your self-aware image composed of pure radiant awareness. Knowing yourself free of all limitation, you are able to qualify this image with whatever substance of feeling you so desire. The rainbow body is first established in the Buddhic realms. Through bridging its expression into the physical you obtain the Ascended Body.

If there is any aspect of your soul of which you are not conscious, such as one of the rays, you will not be able to remain awake in that arena and thus not be able to remain awake in your subtle body.

A person who has established themselves in such a body yet not penetrated it into physicality will, upon incarnating, forget that existence. However, the rainbow body does not die. Rather, it awaits the consciousness to once again remember that expression and further develop awareness within it to include all realms and aspects of existence.

[6] Ascension of the mind is when you consciously connect with your higher light body and have overcome all seeds of subtle karmic resistance that could possibly interfere with the transformation of your entire existence into that reality. This necessitates awareness of all the different rays of soul personality. Such a being is free to move as they choose, however full unification of the spirit and physical life, resulting in Physical Ascension, still needs continued application to eventuate.

Tantric Maturity

Spiritual practice develops an innate sense of balance that feels comfortable both with extremes and the most delicate of nuances. This type of balance can only come from the sensitivity of opening yourself to greater strength from within, then using it for the greater good and blessing.

One who is strong in body and mind can hike comfortably for long distances in the rugged mountains. To the couch potato, it seems an arduous journey. The hiker, while maybe covering twenty miles, nevertheless enjoys delicate moments; a butterfly landing on a flower before him, mist thrown from a waterfall housing rainbows and spirits alike, the quietude of the landscape, the wonder of nature, the inner spirit coursing through legs, heart and land alike. When the mind learns to relax, it does not generate resistance in the face of extremes; rather, it taps into the potential at hand, enjoying and quickening itself. Through this practice of tantra you learn to feel the goodness in all things, using everything in life as part of the spiritual experience. When you are happy within, let's face it, the world just looks a better place.

Spiritual maturity is a life governed by the constant underlying feeling of universal perfection. Through a firm, unwavering and relaxed focus the inner perfection becomes outwardly manifest as a light, happy and free life. White tantra is the pure joy of a higher participation that moves through all the realms of life.

Because of the emphasis upon the purity of heartfelt perfection, white tantra is also referred to as the highest tantra. Ways of awakening this awareness include:

- Feeling good about yourself. Establish yourself in your own light.
- Visualize and feel Light through all areas of the body. Develop a sensitive, intimate awareness of the inner spaces – *I Am Light.*
- Create a strong upward flow of energy in the body. Feel this vital force as a manifestation of your higher Presence into all frequencies of Life. Purify and vitalize the body so it supports your wakefulness into deeper meditation. Elevate your bodily awareness so it is responsive to your visualizations and to your spirit-presence.

- Develop the ability to release outer limitations, while maintaining responsibility to the clarity of your knowingness. Maintain emotional honesty and transmutation.
- Connect to your *Presence* above the head, I AM, tangibly bringing forth this light of yourself, without requalifying the innate wisdom it contains into a limiting scenario.
- Build an inner core of soft intelligent prana, by listening to the inner joy-felt perfection. In finding your own radiant source, you gain the ability to see the Eternal Light underlying all existence that is the ultimate director of our world. This also gives discrimination.
- Awaken to the Ascended Masters and the body of the Oneness.

As the practical and infinitely rich heart-glow of the Masters' Presence is not separate from your own Infinite and Wondrous Eternal Radiant Light and is the same playground in which your higher self also lives, does it not seem obvious that this Grace-giving resource is your most valuable asset on the path to Self-Awakening? All that is necessary, all that can be given, all that you ever need for your reflection can emanate from this source, **which of itself knows no resistance.** By overcoming any resistance to the Ascended Masters and what each uniquely and perfectly embodies, you overcome the resistance to the changes your own divine light will bring in your life.

As this is a subtle path of exploration, it is valuable to understand the different energetic images you carry and how those images continually and subtly qualify your state of being. You have a seeming infinite multitude of different energetic stances in the repertory of your soul experience. Each of these images corresponds to a different way of holding energy in the body and to your various mannerisms.

White tantra is the pure use of enlightened energy, polarized, potentized and directed by the higher self. It is not based on sexuality, nor is it a social tantra, i.e., ruled by the outer personality.

White tantra is relationship in the subtle body. The spiritual pursuit of this activity starts with emotional healing, purification, quickening practices, commitment to positivity and self-initiating decree. Through consistent meditation, you become familiar with your own innate divinity. Chanting of mantra, kriya practice, contemplative reflection, affirmations and selfless acts of service all refine your awareness of your unlimited Self.

Intimate relationship and a refined environment are also part of this process. As the inner work is done, you become fit to enter into white tantra relationship with Divine beings. Boundaries are not obvious. You must have enough self-identity so that you do not lose yourself amidst the radiant identity of other Masters. Words do not quite express the balance of this blending; experience alone will show the way.

First connecting with your presence above the head and bringing forth your image in light is like being a newborn baby who just starts to discover it has an arm and can control its movement. It still has many years of practice and integration before it can lift a heavy weight.

To Blend with Another

In blending with another, you must both be able to maintain your own essence awareness while feeling the other's presence and the blended whole. As half/half into a whole, there is a dynamic harmony.

It is important that you are acutely attuned to the subtle body in which this activity occurs. There is a perfect synchronization and at-one-ment of the head and the heart, allowing the unbroken reign of attention. One becomes aware of another identity inside of themselves, while remaining themselves at the same time.

Individual identity is not lost. The pineal gland[†] does not disassociate, it simply expands, along with the heart.

To blend your energy with another, you must have a vital and giving self-image. Practice being at ease. Then you can blend with and purely experience the inner state of another being. If there is no lifeforce of your own, no radiant identity of your own, then there is no substance to form the body of the blending. True blending requires that all participants have found their own source of light. It requires that all parties want this blending, so there is no invasion of privacy. If you are not first established in your own purity and vitality of light, then another person will feel that you are drawing upon their light, or subtly trying to manipulate it.

Two or more people blending together into a unified state of awareness is an activity of the Oneness. The heart and crown chakra must be opened for the mutual feeling of elevation that comes from the Oneness.

† The pineal is a small gland in the center of the head, and is a point where the energies from above the head are received into the physical body. The pineal gland is intimately associated with the crown chakra and also with the activity of a myriad of smaller chakras in the head.

Meditation to Connect with Your Higher Presence



Sit still and create a sacred space. Breathe deeply for as long as necessary, directing the presence of each breath into various areas of the body, then center your attention within the chest, feeling an effortless radiance take over.

Feel the top of your head open. Inwardly look up and sense an uprising of attention, like a beam of light, moving up through the top of your head and continuing for ten to fifty feet. Do not send up an image of yourself, rather, simply get an intuitive sense of your presence moving up. While doing this, consciously feel that you are reaching up to the pinnacle of your own formless God essence.

Pay attention and at some point in your upward journey, connect to a feeling, a point, a click, something, where you feel your Presence returning back down towards your body. It is very subtle, yet noticeable. Remain aware that an invisible light is effortlessly raining down upon you from this point.

Know that you can anchor your highest intentions at this point. It is from this point that you will gain your Victory. Some may spontaneously sense their image at that place; for others, it is just a subtle point. With an intention originating from "up there," sense a thick tube of Light moving down into and around the body, totally centering it in a feeling of inherent divinity, elevation and higher direction. Be at ease and focused at the same time, going deeper into the absorption of this awareness.





Sense the whole body as Light – bright, strong, translucent and totally responsive to the Governing Presence from above. Feel that this Light from above takes the form of your radiant-physical-body as it descends.

A Breath to Begin

a practice

Flex the spine and loosen up. Sit still with a straight spine. Breathe deeply and fully from the abdomen. Close the eyes and as you continue to breathe, feel that you are breathing awareness throughout the body. As the air moves in and out through the throat, hear it making a slight sound in the back of the throat.

Continue deep breathing, while feeling inside the body. Feel its cavities, its internal spaces, all in a three dimensional sense. Feel that you can touch and energize these places with the breath, all the while continuing to hear the sound of the breath in the back of the throat.

As you get in touch with the internal sense of the body, visualize, allow, know, imagine, see a light inside the body, shining effortlessly and continuously of its own radiance. Do not vary the light with the in and out of the breath, but keep it steady, as if you could see it with your physical eyes. Develop the feeling *"I AM the Light."*

Now let the breath serve the function of awakening the cells to this light. Use the breath as the bridge, bringing this light into a feeling response of your cells. Feel vitality rising up through your body, stimulated by the light and joining with the breath, to create an elixir. At times, get very specific, concentrating your attention in a bone or organ, perhaps spiraling the energy within it. At other times, become more aware of your whole body and the area around it. You have developed a simultaneous effortless radiance of light and a quickened movement of lifeforce through the breath. This simple meditative application can go very far in awakening your inner sensitivity. Stay with it every day. This meditation can be done for minutes or for hours.

As you continue, feel that the light shining within you is sourced and thus anchored from above the head. Let the sense of your body grow to include both the physical body and the space above the head.



Strengthening Your Image Above the Head

In the realms above your head, your only support is that which you create out of your qualitative ability. It is in these realms where you will find yourself Eternal.

Awareness of subtle aliveness, feeling and image within the body can be used to awaken a greater substance of your image above the head. If in meditating above the head, your mind wanders and you cannot stay awake, re-center yourself within the body, at the navel, heart, or throat center. Breath into it and awaken that area, then use that prana to support an imagery above the head.

If, in deep meditation within the body, you become semiconscious, inwardly shout your name, such as I AM ____, feeling it echo within and around you. This will reestablish yourself in your own awake presence. Then re-enter that previously semiconscious inner place and remain awake in it, using energy from the breath as necessary. Develop the ability to remain awake in all realms of your being through recognizing the common thread of consciously aware self-radiant Presence – I AM.

As the body is refined and more subtle sources of prana are made conscious, the practitioner "rides" that energy into self-sustained radiant awareness. Sit in meditation, feel the top of your head open and bring forth an image of yourself above the head. Go into the heart, connect with a feeling of yourself and then reproduce that feeling above the head to give your image greater substance. Move back and forth this way to bridge the gap. Creatively and consistently anchor awareness of the light above your head into bodily awareness. Be sure to use your power of decree to qualify the energy as an activating and sustaining principle.

Bless yourself from above the head. Visualize yourself directing light and grace into your physical body and all your affairs. By so doing, it is likely that you will bring forth glimpses and instances of working very clearly as this bodily image of light. The assistance this gives is much more than many would imagine, as it brings radiations of grace and a type of support necessary for your success.

Bringing forth this light results in insights towards overcoming obstructions and oversees the proper mix and integrity of energy in the body. This connection works in both directions. Energetic awareness gained

from working intimately within the body can be transferred to give substance to your image above the head. Self-centered awareness is gradually expanded into the domain of white tantra, the Oneness, through integrating the essence meditations of your I AM Presence, as anchored from above, as well as through the classic disciplines of transformative individual practices.

Your light body unites form and formless, combining awareness of your pure omnipotent formless God-self with the definition and qualification gained in bodily consciousness. Thus you learn to stay awake in realms of pure consciousness, by giving a feeling and imagery to your light image that is already familiar. These feelings are first generated in the meditative intimacy of the physical body. Without this, as you enter the subtle realms it is difficult to stay awake as an active principle, which, in simple language, is falling asleep.

In summary, the upward movement of consciousness from the body to above the head brings forth a tangible self-image upon the eternal light of your presence. The next step is to oversee and bless your physical body from above, to further raise its vibratory frequency, eventually uniting above and below as one. This is your physical Ascension. Stretching the domain of your awareness in this way does not create a loss of physical grounding, though the very notion of physicality itself changes. At times in your meditation, or during certain initiations, you may not be aware of your physical body, but in general, for the success of the whole process, a strong physical grounding is greatly beneficial.

In the descending energy, your I AM Presence brings forth whatever, in your wildest imagination, you could possibly ever need, and more. It initiates and establishes you in the reality of Oneness, blending with other beings of the Oneness, opening you by this radiation to greater cosmic liberation and enjoyment. It is the descending energy from above that brings forth the Ascended body and the purity of whatever you achieve.

In the course of your growth, you will go through many instances of shifting emphasis between the ascending and descending perspectives. In each cycle, you gain a greater union of above and below.

All the benefits of spiritual practice simply prepare you to fully realize, embrace and apply the Supreme Essence of Tantra, which is profoundly and simply the Omnipotent Creative Eternal Presence of your own Self, similar to the responsive feeling that occurs when you hear your name spoken.

Once you embrace your essence nature you are on the path to the higher tantras, which is awakening into the Body of the One and the interactions that occur within the Body of the One.

Energetic Flows of Consciousness in the Body

White tantra, as inner relationship with self and others, opens up the subtle body in full, including its chakras and energy flows. This sensitivity is often first developed through yogic disciplines and sensitive intimate relationship.

This subject is covered in much greater depth in the Eternal Yoga book, including visualizations and practices. Because of their importance, some of these practices are briefly presented here.

Spinal Column:

The spinal column is a major governing energy flow in the body. Opening conscious awareness of the spine is often achieved through solitary effort, such as visualization, breathing techniques and bodily purification.

Energizing your spine is the difference between night and day. It is like turning on the light where there was darkness. It is the power backing you to achieve what you set out to do. It is awakening to the reality that there are subtle worlds within worlds, centered within your body, that you are a part of those worlds. Awakening fully in the spine gives the ability to touch all the elemental qualities that make up your body.

A simple practice is to visualize and feel the spine, while breathing awareness up and down it with a long deep breath. Inhale long and steady, with the sensation that you are drawing a cooling breath up the spine. Make sure to allow the diaphragm to go down on the inhale as normal. As you exhale, feel a warmth spreading down the spine. Combine the energy of the breath with a feeling of opening, radiant energy and uplifting light. Penetrate all the way to the base of the spine and up into the head.

Two additional energy channels lie an inch to each side of the spine. These channels, the *Ida* and the *Pingala*, distribute the spinal energy to the rest of the body and are important in regulating the body's energy state. Open these channels, by visualizing and breathing energy through them. Again, direct your attention all the way to the base of the spine and up into the head in a straight line.

Microcosmic Orbit:



The microcosmic orbit circulates energy and awareness up the spine, through the head and down the frontal line to the perineum, where it then continues its circulation back up the spine.

Open the microcosmic orbit through visualizing light and a feeling of "radiant presence" along its route, being sure to use the breath to give added energy. Its opening brings a dynamic balance between inner absorption and outer awareness, while infusing, balancing and refining energy within the body.

Moving up the spine transmutes and transcends all worldly pettiness. The visualization down the front of the body fills out a rich, passionate, feeling-orientated sea of energetic support which nourishes your emotional body.

Be sure to keep the tongue touching the upper palette, as this is part of the energy flow. As you get into the feeling of this circulation, expand its domain by connecting to a radiant bright light a few inches above the head, also extending the circulation through the legs, even through the feet into the earth and back.

Fusion Channel:

There are channels within channels in the spine incorporating different aspects and refinements of awareness, bliss and creative support in your expanded sense of body. One of these channels is called the *Fusion channel*, which is a deep current of very blissful and creative consciousness that in its various qualifications nourishes the sexual energy, the kidneys, the brain and other tissues of the body.

The fusion channel is a cosmic blending of the masculine and feminine energies and is a very primal flow, even superseding the spinal current as visualized above. Its opening actively stimulates both the frontal and spinal channels as visualized in the microcosmic orbit meditation, creating a wholeness that catapults awareness into the eighth chakra above the head.

The fusion channel is a very blissful, creative and alive energy, strongly connected to the etheric dimension of the body. Its principle stimulation points are at the genitals (second chakra), thymus, throat center, back of the head and crown. As it activates awareness above the head, the greater increase of energy "fusing" back into the body creates a tremendous halo around the head and heart areas.

As the spinal column is often the major focus of yogic practices, so the fusion channel is associated with tantric practices. I would even go so far as to say that the spinal and fusion channels are simply the same upward movement of energy, with the spine being more an energy of individual governorship and awakening, while the fusion channel is an initiation into cosmic consciousness and the absorption of cosmic energy.

The fusion channel is the passion of all that energy used with love in an intimate way within the body of creation. At first I experienced this passionate channel as lying parallel to the spine an inch or so deeper into the body. However, as I became more integrated, it ceased as a separate channel from the spinal current, although it continues to have a projection that feels inward of the spinal column.

It has two supportive currents, similar to the ida and pingala of the spinal current. These masculine and feminine currents run up the inside of the body, intertwining with each other in a love dance. It is not so much visualized as a specific channel; rather, it is a tremendously rich ecstatic dance of harmonized energy in the body joining heaven and earth. Visualizing an intertwining of energies from the genitals to the top of the head, like the masculine and feminine aspects of yourself making love, helps to open the channel. The fusion channel is greatly stimulated through the fusing of light from the eighth center above the head into the body.

To open the fusion channel, you need to become familiar with the subtle masculine and feminine images and be able to feel deeply. This includes meditating on the left and right sides of the body, meditating on the masculine and feminine essence qualities and working with both outward and passive states of being.

The containment and ignition of this channel requires that you are able to stand in your own light, i.e., not feeling that you have to draw the light from others, or from some technique. Rather, the techniques are you opening yourself further to your own radiance.

Your upward energy must be stabilized at least to the throat level. Purity must have the command, whereby the thoughts are not always reaching out in a sexual manner, but contained in a soft inwardly fulfilling presence. Even visualizing a wire, from the second chakra to just above the head, helps this vital wiring of upward energy in the body. Without the upward movement, the fusion channel can never open beyond the lower centers.

Opening of the fusion channel is greatly stimulated through the blissful nectars that flow when the higher Light grounds into the head and throat centers. It is also stimulated through the blending of an inner chemistry, such as occurs in certain kriyas, meditative visualizations and creative love making, all done with an integration into the higher centers. The bliss of this initial opening is very consuming, **evaporating the analytical mind like a drop of water in a roaring fire.** For these nectars to nourish the body, the yogi first "feels" and connects with the elemental qualities (earth, water, fire, air) of the base, sexual, navel and heart chakras. Then the throat chakra can take all this blissful energy of the nectars dripping from the head and turn it simultaneously into the frequencies of fire, water, etc., which directly nourish the body in this way with great strength and substance.

Activating the fusion channel is an advanced practice, requiring purity and familiarity with energy. A visualization to opening the fusion channel is given in the red tantra chapter (page 99).

<u>Belt channel:</u>

There is a balancing and supportive circulation of energy that circles the waist. Familiarity with this channel is important in maintaining the purity and grounding of your presence in the body. Visualize the navel area and spine across from the navel as radiantly bright with energy, like a sun. Then feel a disk of vibrant energy awareness extend horizontally around the waist. **Fill it with invincible light.**



Really work with the command of making that light invincible and bright, with no areas that are weak. Use the invincible command from above the head to qualify this belt of energy as such. A visualization that I used was imagining great big heavy broadswords slashing against this band of light; everywhere they hit, not even the slightest ding could be made. If a ding was made, then I immediately filled it out and went to work strengthening it with the invincible command that it be so. After a time, not only could the swords not make a dent, but they would be repelled before their swing could even get close.

As you fill out this belt, you can extend it by imaging it spiraling up around the body all the way above the head, as well as spiraling down into the earth, extending its circle of protection and support.

As an advanced meditation, you can also create a similar belt of protection and radiance around other centers, such as the throat. Such a protection makes it easy to maintain the purity of focus and awareness within a center, as a feeling of your own Presence.

Angular Flows of Integrative Relationship:

The vertical and horizontal flows of energy in the body have been discussed. There is another set of energetic flows and projections in the body, which are known as the regulatory or angular flows.

These flows open and fill out as the Yogic power of vertical alignment (I Am one with God expression, or simply, I AM) fuse into the tangibly felt reality of your world. The angular flows serve as a medium of integration of new experiences and the ability to respond in an empowered manner to every circumstance. The angular flows come forth in response to the expansion of relationship.



The angular flows have a unique power to bring up, penetrate and energetically clear causative stances of limitation, bringing those limitations face to face with a higher consciousness and purity. As your consciousness moves through these flows, the power is present to move through the seemingly iron contractions of the egotistically centered will.

Through stimulation and opening of the angular flows, egotistical contractions can be made obvious and released. Issues which a soul may be ignoring or hiding are directly stimulated and brought to the surface. A tantric master is very skilled at moving blockages and energy in a collective field by activity and radiations that stimulate these flows.

It is purity that commands the cooperation and respect of the soul. **It is vital to make the conscious invitation of your God-Self into the nuts and bolts of your world.**

Rolling down a grassy hill, free dance, or certain movements can temporarily stimulate the angular energy flows and make you forget yourself for a moment and relax into just being yourself. However, to get deep into these flows requires a masterful understanding of how your images ground deep into the psyche, the tissues of the body and the corresponding imprints in the earth and the stars.

It is important to replace these early images and their subsequent programming with Divine understanding, positive attitudes, experiences, positive relationship and feelings of pure radiant energy.

This includes working through your subtle body in the inner ethers of the earth. This important area of mastery and understanding is initiated in a further chapter in this book, *The Inner Worlds of our Earth*. The purification of your cellular memory and its emotions are covered in greater detail in chapters seven through ten.

Re-awaken your relationship with your higher Self.

This brings self-clarity as the rich opulent beautiful outpouring of your own God-Self – I AM. What greater and Eternally fresh fulfillment can ever be had!



Central, Solar and Inner Earth Images

A major part of the etheric structure of the body are the subtle self-images which qualify its energy into the specifics of its form. Of these self-images, there are three major constituents that take subtle shape in the eighth chakra (a few inches above the head) and are then projected through the body itself.

In addition there are a great many self-created images defined in response to the immediate social concerns around you. These images are lumped together as your social image.

Central Your eternal "I AM" Presence. Radiant Knowingness and Oneness. The primal force of Consciousness, self-intelligent and all-knowing, which you then qualify into a specific expression of who you are.

Solar Your Self Confident Individual Solar Radiance. Projection. Excellence. Qualifying power. Masculine nature.

Inner Earth Your Image of Collective purpose, possibility, knowledge, compassion and intimacy in form. Feeling and thus creating the blending of all your experience into the form of a body. Your past, present and future vision as an integrated expression of who you are. Bliss in Form. Feminine nature. This image is discussed in more depth in the chapters: *Inner Worlds of our Earth* and *Clearing Karmic Cellular Memory*.

Social The part of your creation that moves according to the whims of social acceptance and accord, instead of your higher Truth. Many place their social image to stand in front of their Central Image, masking it by requalifying it in an unenlightened manner. Nothing of the social mask is lasting, but this self-created dilemma does keep people bound and distanced from their Truth.

Central to all self-images of polarity is your Eternal Presence experiencing itself as whatever experience you are having. There is a Central Flame which you as a soul carry within any form. If you penetrate to the root of your inward-dwelling Flame, beyond the outer images, you find yourself standing, moving, talking, sitting quietly, radiating within the feeling, the expanse, the Awareness of yourself within the One-Being.

Discover yourself in your Central image: centered, contained, relaxed and true to yourself. Feel the symmetry and balance of both sides of the body, which like a funnel, directs the incoming Light into the central pivot of your body.

Your I AM Presence, as an essence, is beyond form, because it is *I AM* that creates and perceives form. To discover who you are in form, you must find yourself beyond it, simply in Presence. Then you know the magic behind life. You pay attention to the state of your own Presence. You live the saying so often said, "Let *your Presence work for you.*"

These are the deep root qualities. How can a man find himself if he doesn't understand his own Presence? How can a women find herself as a women if she cannot creatively see herself as part of a bigger picture?

The power of your higher image, if gone into deeply enough, is the ability to govern the outer self, to receive, picture, express and fulfill the soul in activity. If in your Presence you feel a tremendous creative force, then your outer expression must fulfill and reflect this if you are to be at peace with yourself.

If you cannot express yourself beyond the psychic pollution of so many half-truths, whims and gross vibrations in the world as it is today, then how can you work, consciously, with the pure feeling and expanse of your Divine Presence? How to do this is what this book is about!



Attention, Vision, Will

and Outer Manifestation

You gain strength through sincerity of purpose, bringing through the manifestation of that purpose in the free flow of an all powerful energy – Love. In all the world you have but three abilities, which are:

- YOUR ATTENTION – Where your awareness is focused. Incorporates the discipline, purity and art of focus.
- YOUR VISION – The dynamic creative application to perceive and form the world around and within you.
- YOUR WILL FOR IT TO BE SO – The qualifying power and purity of your intention. Your identity as a qualifying power is self-awareness of yourself as a soul.

Where you put your **attention** is what you become. If you constantly put your attention into things outside of yourself, you never become who you are.

Vision is of many kinds. The pure vision that comes forth, from keeping your attention focused upon your higher Presence, has within it the Light that can bring forth a Joy of the Spirit.

Pure vision is the Light of God that Never Fails. God can only express through an individualization, such as yourself. The grounding of your identity in pure radiance naturally begets a strong **will,** rightly directed. It all comes to where you put your attention. Where you put your attention is the difference between struggling forward and a Grace-filled blossoming. Recognize the invincibility of the Oneness, which your very own dear presence knows.

ONENESS

God is the Power of Oneness

Your Feelings Manifest

We draw upon a repertory of feeling states, accessible through various attitudes, to give a certain substance to the strength of our manifesting abilities. For example, suppose you are working on your prosperity. The first thing that you must do is to feel prosperous. In bringing forth this attitude, you create that state, which then brings forth prosperity.

The most powerful aspect of a feeling state is its purity. Suppose you want a new car and you keep feeling yourself having it. All fine and good, as long as you remember where the power lies. So say you really visualize this car, even its color, make, year..., so much attention in the outer; the next day a beetle appears on your doorstep and you kick it out of the way, maybe even gingerly move it out the way – yet that beetle was your manifestation.

How come?! Because to manifest in the outer, purely, the attention must be on the inner. The inner feeling is one of Joy, of Perfection, that the Perfect intelligence within this source of everything knows the perfect timing, the exact details, the righteous way, all the alignments needed. Keep the feeling of manifestation anchored from your Central Image – your *I AM Presence*. The feeling of alignment is a symmetry around the centerline of your body, the sense that the Pure, Perfect and Unlimited part of yourself **from above** oversees and directs everything. When this connection is truly made, there will always be an incredible inner bliss with it. Bliss is inseparable from any higher manifestation.

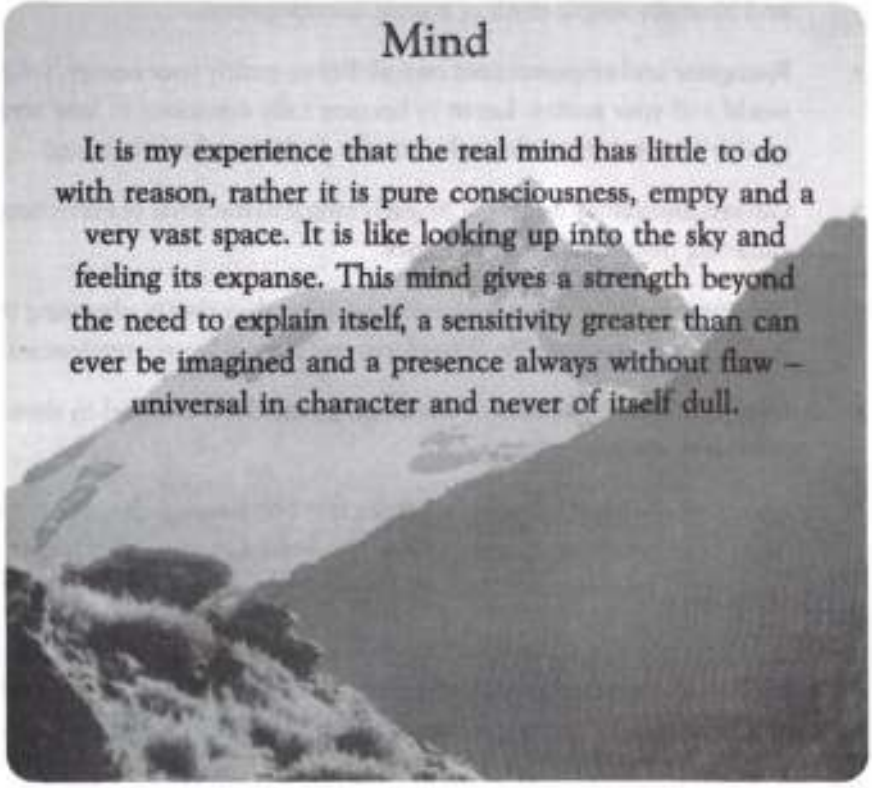
It is better to **remain silent** in this feeling, rather than to tell people, "Spirit is doing it all, I am just the vehicle." For this can create a disconnection from the subtle and constant feeling. You are the Spirit, remember that. Do no let it become constricted in feeling, or disconnected.

While the formula sounds simple, there are a few points that need to be understood. Your attention, vision and will are all movements of consciousness, thus life-force, within your identity. Your images of individual and collective existence are intimately interconnected with the whole of creation. Thus the whole of creation will reciprocally influence your attention, vision and will.

The desire to manifest something of benefit for the greatest good through heart aspirations can draw upon a subtle collective strength. In fact your I Am Awareness is everywhere, finding its pure unqualified Perfection outpouring through whomever identifies with it. Through reflection, it may be apparent that anything that is not for the greatest good cannot receive the pure unadulterated strength of the I AM Presence. It is not a force outside of yourself; rather, one that springs forth most purely from the innermost reaches of the purified heart.

If you qualify whatever you want through the ability of your inner Divine Presence, then the Perfection of your inner Presence will adjust the vision to its best form. It will also provide the strength upon which you may draw to overcome obstacles of less-inspired individual and collective desires.

Your creation becomes a part of you, therefore you take responsibility for it. Any creation which has obviously finished serving its function is best dissolved, thereby freeing your attention for ever greater possibilities.



The Yoga of Ascension – Outlined

Following is a brief outline of the application towards full bodily freedom of spirit (Ascension) as I have learned it. Some of the intricacies of this process are further explored in the companion book – *Eternal Yoga, the Applied Science of Ascension* (See appendix).

- Recognize your I AM Presence. Know that the heart of "I" is ever-radiant and that Light is the radiance of your Presence. Spend quality meditative time to really feel this and bring clarity to your beingness.
- Extend your awareness above your head and intuit a point ten to fifty feet above. As your awareness extends up, remain sensitive to the point at which you feel your energy radiating effortlessly back down. (This is often very subtle.) This point is the anchor of your eternally pure presence, from which you initiate your higher awakening, purify the subtle body of distortions and eventually awaken to the awesome and blissfully simple truth of cosmic consciousness.
- Recognize and empower your own ability to qualify your energy, your world and your reality. Learn to become fully conscious of how you qualify your presence through thought, feeling and subtle image.
- Govern the qualitative power by anchoring it to the sense of Perfection radiating from your I AM Presence.
- Sensitize the body consciousness to spirit by elevating it, cleansing it and living a conscious life. Bring forth and release karmic tendencies.
- Open the internal spaces of the body, purify them and feel in them your own image of spirit.
- Go above the head a few inches to six feet and develop the ability to "see" your presence as Light above the head. Open to all the rays. Bring forth your eternally radiant image within the space above your head.
- Have that image oversee everything of your world, letting your physical consciousness be an outpouring of your higher self. Merge the two into ONE.

LEPCHA JUGAT

Brought to this retreat in a Himalayan forest –
"where the offerings to God are prepared,"
translates the name.

Sitting from one to eleven in the morning, each
day incredible blessings, breakthroughs,
opening, seeing, clarity, knowing, loving,
VICTORY IN THE LIGHT!

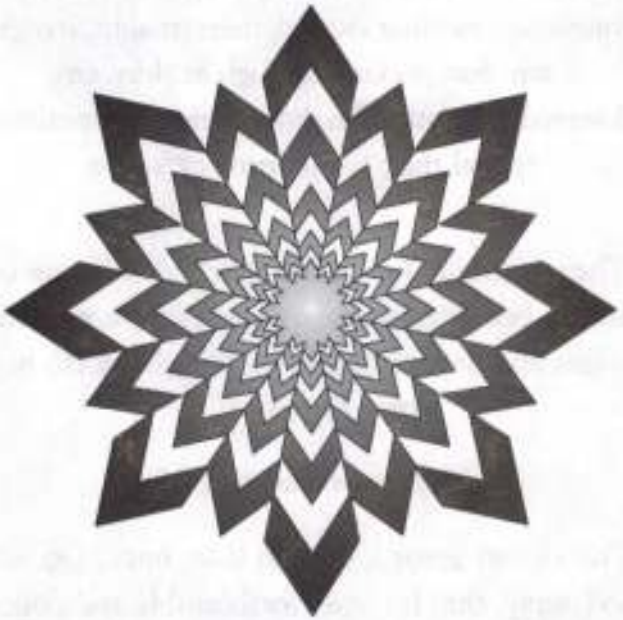
The mists, clouds, the air outside doing wonderful
gymnastics, swirling around, then straight, straight
down. Sun peeking through in glory, trees
flowered. Majestic Himalayan heights sometimes
reveal their soul-stirring presence.

The continual presence of Ascended beings of
radiant beauty, aliveness, consciously conscious,
night and day, calling forth, bringing forth my
own Presence...

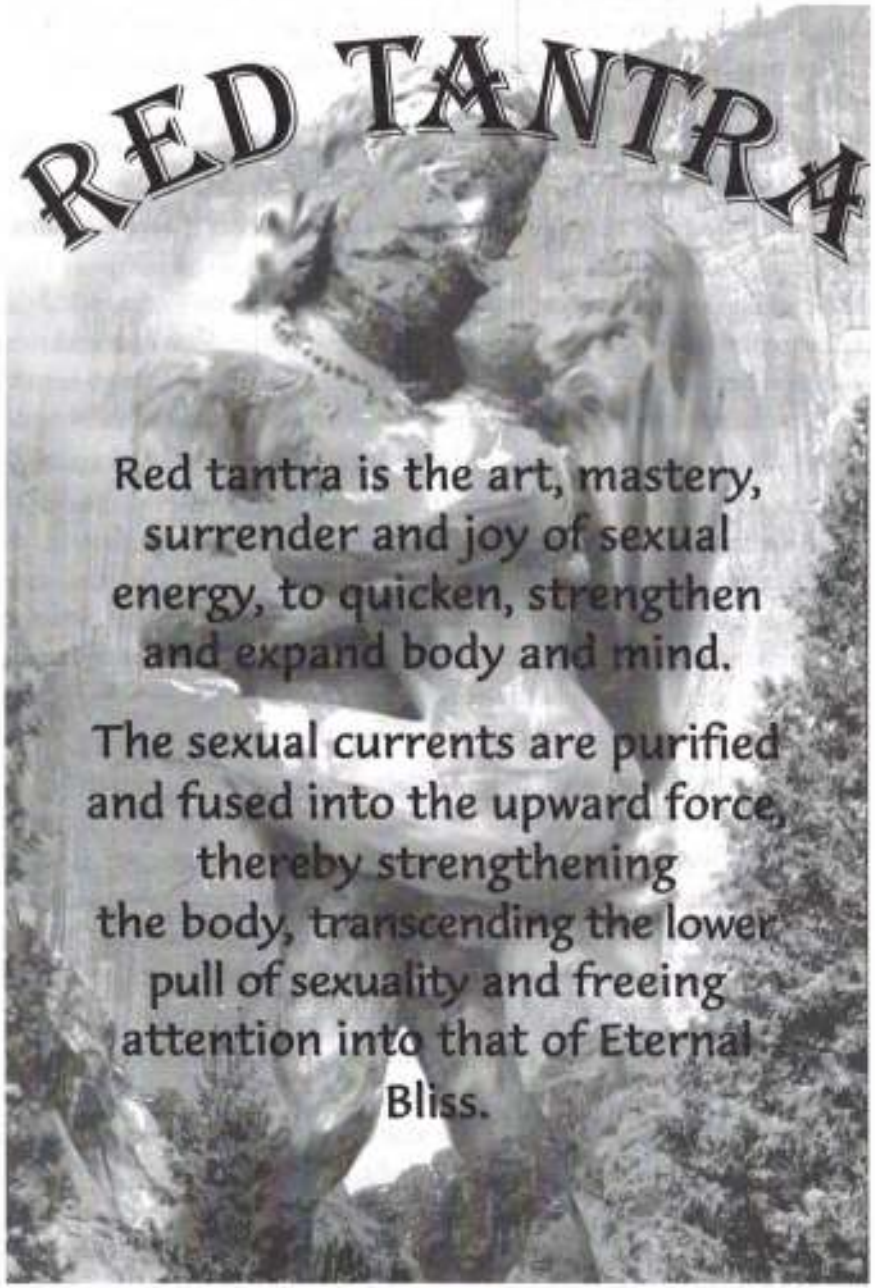
WHA sounds the voice of joy!

The victory gained, trust in it we must. Go out
and apply, that it comes forth visible and done!

The artful balance of awakening that you bring to your life is the difference between remaining on the wheel of hidden ignorance and the full liberating mastery within all realms of your unlimited radiance.



Chapter Six


RED TANTRA
Red tantra is the art, mastery, surrender and joy of sexual energy, to quicken, strengthen and expand body and mind.
The sexual currents are purified and fused into the upward force, thereby strengthening the body, transcending the lower pull of sexuality and freeing attention into that of Eternal Bliss.

The containment, circulation and refining of sexual vitality tangibly fuses the intelligent and transforming presence of your soul into every cell of the body.

As a bonding medium, this chemistry is a vital part in the continual creation of life. Thus, while the sexual chemistry is the mechanism to bring forth a new life through conception, 99.99% of its activity is in the rejuvenation of your own life.

In the moment of your conception the sexual substances around the egg act as the medium whereby the invisible forces of spirit fuse into matter and direct the cell's initial unfoldment. The sexual energy and substance from your parents which has entered the developing cell, continues to refine itself, becoming the original energy-substance existing at each subtle center of the fetus. After four months or so, development has occurred to a sufficient degree that your spirit begins to ground through the crown center (previously being more connected to the mother's aura than to the fetus).

The sexual energy, as seen through the eyes of a yogi, is but one frequency of an energy-nectar replicated throughout the body, in various shades of subtly. It is present in each organ, particularly in each gland, even, to some degree, in every cell. By wisely conserving the most "physical" frequency of these nectars, i.e., the masculine and feminine semen, you not only make your body strong and steady, you gain enough sense of connectivity so that you can mould the cells of your body, even inanimate objects around you, to respond to the conscious direction of your thoughts.

Taming the lion, however, is an earnest effort. For upon intensifying your potency, as every young buck knows, you create a force wanting completion. By learning the wisdom of transforming this creative force into its more subtle frequencies, you have a greater motivation to hold the reins. As the benefits are more tangibly felt, as you enjoy your meditation and strengthen the pathways of transmutation, the wild-party is matured and an incorruptible strength and steadiness gained.

By not suppressing the feelings contained deep in the currents of life and instead extracting the very essence, like a sweet voice singing to you, bringing that feeling up through the staircase of the body, you bring the power of sexual attraction and union right up to the crown of the head. Here you are making love to yourself, in a way difficult to describe. The energy substance of earth spiraling up into your body unites with the energy

fire of your eternal presence, raining back into the body as its source of liberation from bondage to a lost world.

Energy Sublimation and Transformation of Consciousness

The affair of reuniting the infinite ease and elasticity of spirit – *think it and it will be* – with the body temple, as one consciousness stretching from formless to form, is the subject of tantra and is the creation of the Eternal Body.

There are many approaches to absorbing and transmuting sexual energy. Whatever the style, the most basic underpinning is conservation and circulation of semen. A man contains his semen and burns through the outward push, so that he may bring its energy into the wholeness of the body. A woman does not lose her seminal equivalent through sex, but she must learn to absorb and circulate her chemistry and its energy if she wants its life-giving benefits.

Suppression of sexual feeling never works in the long term, rather, there must be an upward transmutation. This upward flow is established through exercise, meditation, creative activities of life, emotional purity and most importantly, command over your thoughts. Without a feminine-masculine balancing of energy, the sexual energy, as a creative expression, will understandably drive itself for that want.

In that drive for intimate union, however, there are degrees of satisfaction. Ultimately, that drive cannot achieve its purpose in life until your lifeforce has driven itself to the gates of spirit and obtained that union. Viewed another way, the governing Presence of your higher self must extend its harmonizing command to all the forces of the body, so that those forces become avenues of its expression and mastery.

Thus all the techniques, meditations, or sex, for countless lifetimes, will not bring you that union until you decree from your higher Presence, something like Jesus did, *"I AM the Resurrection and the Life,"* and you feel that wiring from above and below.

Upward transmutation of sexual energy is not enough without the enrichment obtained through the higher tantras. In the penetration of your spirit into the body, you must honestly explore the body and understand it, which is a tantra. Sexual relationship for this purpose is known as *red tantra*.

Certain basic skills of red tantra, such as conserving semen and enjoying sex, are of use to anyone in relationship and on the spiritual path. Red tantra, used to intensify the sexual drive and sublimate that power for spiritual purposes, requires at least an equally intense solitary meditative practice. Otherwise, red tantra, for spiritual purposes, can be a long sidetrack to your self-mastery and create all sorts of problems in the short term. In summary, sexual techniques of energy sublimation, while important, are not the key to everlasting victory; rather, that power lies in bringing through the governorship of your higher self.

Red Tantra

Red tantra is the masterful and intimate blending of a man and woman, awakening the inner sanctums and joys of the body.

The fusion of masculine and feminine energy and circulating that fusion initiates greater understanding of the creative ecstatic unity of bliss and form. The body is vitalized, the mind becomes freer, deep insights can be initiated and a deeper blending of two souls in Love occurs.

The first emphasis of red tantra is the shift away from genital orgasm. Establishing an upward circulation of the extra energy prolongs love-making, vitalizes the higher centers thereby bringing a truer fulfillment and creates an equilibrium throughout the body temple.

The man learns how to contain his semen and direct his energy and thoughts. Both man and woman learn how to open to a greater circulation and ecstasy, that brings a twofold benefit. First, it transfers the stimulating delight and increased energy to the more limitless ecstatic capacity of the higher centers, with corresponding benefits from this opening. Second, as previously stated, it creates an equilibrium, supporting a more loving, fulfilled and expanded awareness. In the pull and desire to obtain this mastery, few understand the real depths of what this tantra requires as an integration into the spiritual path.

It requires that the practitioner has transcended the thought of energy in the lower chakras as sexual; it is all energy and there are various ways of qualifying it. The pathways of circulation and transmutation are so opened that a fullness of energy in the lower centers does not compel an expression through sex. Instead, it is easily and quickly assimilated into a fullness of

energy throughout the body, which may then be used for all sorts of purposes, such as meditation and enjoyment of life.

A deep meditative practice that realizes the higher self as the greatest fulfillment should already be established. Transformative movement such as dynamic yoga sets, internal martial arts and similar practices are an invaluable assistance; so is the subtle application of mind and breath to gain further familiarity with and opening of the body's energy channels. Tantra requires its sincere practitioners to cultivate an embrace of life, while constantly releasing any subtle distortion created through the outer passion wanting its way. This constant refinement of the union, as above so below, asks that the practitioner is even able to change his or her basic way of being, as necessary. Without this ability, red tantra can become problematic and stifling to higher growth, like an addiction.

Red tantra in its fulfillment leads to a natural transcendence of any compulsive need for sexual activity itself. However, if a deep inner connection to your Presence above the head has not been cultivated and brought into the body, then there is a strong likelihood that this fulfillment stage will not be reached, because the fulfillment is felt from sexuality instead of infinite spirit.



First Establish Yourself in Your Own Light

To repeat, again and again: do not start the spiritual path by emphasizing red tantra as your salvation. Many say, "Now that is something I could get into, a way of spiritual growth based on sex!" First, do the basic practices of dynamic yoga sets, pranayama, silent deep meditation and opening the heart of Love. During this time, the focus is on your individual self-development; celibacy or greatly reduced sexual activity is highly beneficial and, if entered sincerely, returns you to your own emotional healing and strengthening.

Part of learning how to gain control over your sexual drive is being comfortable with celibacy, in the process learning how to open the channels of transmutation.

Tantra is blending with another being. A basic requirement is that you are well established in your own light, so that you have something to blend. It is also important so that you do not covertly draw on the light of others, which creates complications. This simple advice, well followed, would aid many an individual who has become lost because of wanting it all, without understanding the steps of preliminary growth necessary to truly benefit from tantric affairs.

While sexual intimacy can be a wonderful assistance in the awakening of your light body, it is not the only way of achieving this. However, when one energetically thinks that they need sexual intimacy to activate themselves, this emotional belief can be a real danger that keeps some trapped in a certain framework for a long time. If you want the benefits of red tantra, then you must combine it with enough formless sitting meditation that you know your existence from your true source.

One of the traps of tantra is using your sensitivity to subtly draw upon another being in covert ways. This always reflects a deep healing needed with the feminine, with the earth and with the soul. This type of healing must begin by strengthening your relationship with your own divinity.

Misuse of the tantric pull of intimate experience, in the guise of spiritual growth, can wrap a soul in lifetime after lifetime of confusion and hardship. It has turned the potential of great yogis into grotesque monsters. How much more strongly can I emphasize the foundation work of pure self-centered practice, emotional surrender through the willingness to feel your feelings as your own creation and the Love of others as an expression of Love itself?

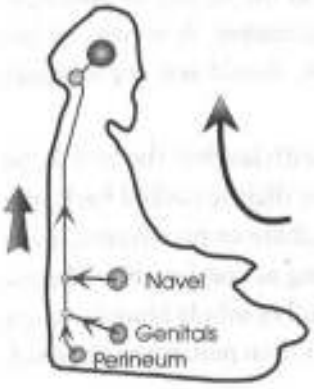


Training the Flows of Energy in the Body

As previously mentioned, the first emphasis of red tantra is learning how to lock the flow of energy from the lower vital centers in an upward direction. This basic training is also an important part of dynamic yoga and benefits just about every activity, from sports to meditatively working within the body.

To learn the first lock, called *mhula bhanda*, first do a few minutes of deep breathing and exercise to loosen up.

- Sit with a straight spine and bring your attention to the perineum, which is located between the anus and the testicles or vagina. Inhale, hold the breath as long as comfortable, while contracting and releasing the perineum a few times, pulling it up on each contraction. For a mild contraction just the perineum is contracted. On a stronger contraction the buttocks, anus and testicles or vagina are also pulled up.
- Relax for a minute. Then inhale and hold, while contracting and relaxing the genitals a few times. Pull the genitals and the urogenital diaphragm up with each contraction. Relax between contractions.
- For the final component, inhale, hold and practice pulling the navel in towards the spine, feeling a connection from the navel to the spine and up the spine.
- Now, for mhula bhanda, bring all the components together into one smooth movement. Inhale, hold and pull in the genitals, then the perineum a very small fraction of a second later, joined by pulling the navel into towards the spine, bringing the combined momentum up the spine. Hold for the duration of the breath, as comfortable. Practice at first with the breath held either in or out. In time, you should feel a fullness of energy in the lower centers and the spine.



As you pull up the perineum, direct the energy into the base of the spine and up the spine into the head. Contract the muscles along the sides of the spine in rhythm with the upward movement of attention. These contractions help you feel your spine, intensify the energy and keep it contained on its path.

Mhula bhanda creates countless benefits, including vitality, a strong heart and a light vibrant feeling in the head. If the lower centers feel drained or weak, mhula bhanda will help to rebuild your presence in this area. If there is an abundance of energy, it directs that energy upwards, helping to transmute it in the process, so that it does not become an agitation.

Mhula bhanda is both a physical and a psychic lock that trains you to recognize the pathway of transmutation. Contracting the muscles is simultaneously accompanied by a mental visualization and intention, which greatly enhances the whole effect. In fact, as the pathway becomes clear and second nature, the power of thought alone keeps a constant upward force in action, wiring the control centers in your head to the lower centers. Without this wiring, the body is not able to move in total harmony with the higher intentions of your spirit.

This lock can be used in many applications, such as martial arts, yoga, sports, even simply walking down the street with your energy contained. You do not always have to hold the breath in or out while applying this lock, although for an intense application, it helps. A martial arts stance, such as the horse stance, is a great way to get really familiar with mhula bhanda.

As the lock becomes familiar, you will understand how to modify its components suitably. For example, in some yoga poses it may be more appropriate to apply a stronger navel lock, in others only a slight tension at the navel. You will also learn how to build upon the feeling of presence, accentuated through the breath, also upon visualization. A woman on her moon cycle, or in the later stages of pregnancy, should not apply mhula bhanda.

When using mhula bhanda in conjunction with holding the breath, be sure that the neck is kept straight, the head just slightly tucked back, the chin level or slightly tucked in. At the end of a chant or pranayama, it is a recommended practice to hold the breath as long as comfortable. The increase of energy will often bring an automatic pull of mhula bhanda; when this happens, the energy can quicken much faster than perhaps anticipated.

Keep it contained, spine straight, mhula bhanda, do not let the head drop back and, particularly important, keep the focus of attention. If the energy is starting to get out of control or you feel dizzy, squeeze the muscles on the sides of your spine and neck. Besides numerous health benefits, this keeps you from spacing out, or worse, from losing consciousness.

Any time you create a soft prana in the body, such as through meditation, breathing, or visualization, you can end the practice by tightening the muscles of your body, hard, isolating different muscles. This drives the energy created deeper into the body, particularly the bone marrow; it is a tremendous health tonic. While squeezing the muscles, mhula bhanda will be automatic. Finish by relaxing for a few minutes; feel yourself absorbing the energy.

For men, if before going to sleep you feel a build up of energy in the genitals, apply mhula bhanda and take a number of short sniff like inhales up the spine, to shift the energy. This helps prevent erotic dreams which can result in the loss of semen, a very undesirable occurrence. You can also program yourself to use this type of rapid short sniff like inhaling breath, up the spine, to rapidly wake up from an undesirable dream.

Used in sex, this lock can be applied either subtly or more intensely to keep the energy from becoming overly excited. It is especially valuable for a man, if he is approaching the point of no return, to help shift the energy. For a woman, it helps her energy circulate and brings the energy of her orgasm up through the whole body.

Another way of toning the muscles around the genitals is by briefly starting and stopping the flow of urine while relieving yourself. When a man urinates standing, rather than in a crouching position, some of the electrical energy from the semen is lost in the urine. Similarly, any time you shift from one energy climate rapidly into another and you get a sudden urge to urinate, hold on for a minute or two before relieving yourself. If, for example, you jump into some cold water and you immediately want to urinate, where previously you felt no such urge, hold that feeling in check and redirect the current back into the body. Then after a minute or two, urinate. The sudden shift in energy wanted to release itself through the urine and escape out that route. If instead, you integrate and absorb that energy, not only do you gain its benefits, but you are training the body how to work with extra energy. As another example, if right after an intense exercise, such as a martial arts stance, you feel the sudden urge to urinate,

hold it for a minute or two and circulate your energy in the microcosmic orbit a few times first, before you urinate.

After mhula bhanda, the next flow of energy that must become familiar is the *microcosmic orbit*. The basic flow of this orbit is from the perineum up the spine to the crown of the head and then back down the front, traveling through a connection made from the tongue touching the top pallet and down the front of the body to the perineum, where it then returns back up the spine (see picture on page 62).

This flow of energy is opened by visualization, accompanied with a subtle direction of the breath. Obstructions to the easy movement of the mind over this route are removed. Once that is done, a more tangible movement of energy is developed along its route. Be sure to stop and work for a while with the energy in any area of the route that feels weak or blocked.

Meditating on and visualizing the microcosmic orbit allows the more raw feelings, such as sexual passions and hard energy, to transmute themselves into a refined, alert and peaceful meditative soft energy, in the process burning out agitation in the body. Mhula bhanda and opening the microcosmic orbit are preliminary practices for any type of transformative discipline, whether dynamic yoga, martial arts, or red tantra.

The smaller microcosmic orbit, once opened, leads to the opening of the *larger microcosmic orbit*. In this advancement, the subtle energy substances of the earth literally spiral up into the body. In this orbit, the routes through the legs are opened (no more sleepy legs while sitting). You feel that you are sitting in a rich support of energy; you can become aware of yourself inside of the earth. From above, through the crown chakra, the heavenly spirit-fire I AM descends into the body, also with a tremendous richness. Heaven and earth are then mixed inside the body, which allows the creation of a subtle body of consciousness that more and more becomes one with your physical body.

Further details of opening these flows of energy are in the Eternal Yoga book (see appendix). Visualization of the *belt channel* brings a greater equilibrium and ability to mix energy in the body. This circulation of prana, circles around the waist area, connecting the kidneys with the navel area and forms a disk of pranic support. This can then spiral to encompass the whole body, giving it greater definition and presence, thereby increasing its ability to hold more energy right here on earth. Opening of the various

organ energies give a further alchemical richness, bringing forth a greater intimacy and embrace of emotion.

Can you see that as you harmoniously connect to the divine qualities within the body, in both its physical and subtle attributes, the journey becomes one from within. Outer sexual pursuit of a conventional nature will not give you that mastery; however, sexual activity within the inner laws of energy harmony can become part of this growth.

The *fusion channel* runs from the genitals up through the core of the body to the top area of the head, connecting enroute particularly with the kidney, thymus and throat centers. This is a great thrusting of bliss, activating glandular secretions throughout the body and consuming the analytical mind. It is a passionate joining of the masculine and feminine energies directly within your own body, opening the body to receive those same forces combining on a cosmic scale of delight. (If you think that yoga can be pinned to boxes and rules, when you open this flow it will all be a laugh!)

First connect with the passionate feeling of a man and woman coming together; you, coming together with another in your passion. Keep all this within, as aspects of yourself, an internal feeling. Now isolate that feeling from the image and release the image, so that the feeling is not bound to the genital area. It is a most delicate and subtle meditation. Spiral those two energies coming together in an upward helix through the body, blending the left side of the body with the right and the right side of the body with the left. Keep the subtle passion moving up, at least to the level of the throat, do not lose it by drifting off. It is like fire and water. If the fire is too strong, it consumes the water and nothing is left. If the water is too strong it puts out the fire and all is damp. Keep the water continually steamed by the fire and that steam creates a nourishment through the whole body.

As the helix rises through the body, it activates the support of subtle nectars in the higher centers. These nectars are tangible and, like semen, give a substance of strength to the body. Several visualizations to activate the fusion channel are presented later in the chapter.

When you are very young, the pineal gland in the center of the head is a good size, so the spirit travels through it easily. As you reach late childhood, it begins to diminish, but the thymus gland remains active in this function of spirit. As you reach puberty, the thymus shrinks and the genitals grow into that function.

In red tantra, you stimulate the youthful flow of energy at the lower centers, while staying contained and directing that energy up to nourish the whole body. This nourishment, if followed through with meditation, will reactivate the thymus, thyroid and pineal glands in the body to their divine proportions. In the advanced stages, the joyful essence of the seminal-like nectars literally houses itself in the thymus gland, where the diamond-like spirit body impregnates the physical body to make it youthful and protected.

You become that upon which you meditate. If your attention is constantly caught up in sexual thoughts, how can your attention become free for the higher balance of the body divine? There is no way out but through; the way through is from within.

In regards to the breath, breathe deeply and fully into the navel area. With all the emphasis upon an uprising movement, the reader should understand that this does not mean a buildup of energy in the head, which is not advantageous or healthy. A whole body feeling is maintained, which also includes a downward movement. However, the governing quality is maintained by the uprising energy and thought. Just as leaving raw energy concentrated in the lower centers eventually agitates and interferes with higher meditation, leaving too much untransformed energy in the head creates imbalance and can lead to headaches. Always finish a visualization or breathing discipline by taking any extra energy in the head and bringing it to the navel region.



Directing Your Thoughts

As previously mentioned, in order to become fit to practice red tantra, you must burn out the grosser desires and purify the nature of your thoughts. Through consistent transformative practices, such as dynamic yoga sets, pranayama and connected visualization, you burn out agitation and gain support from the subtle pranas in the body, becoming able to take command over your energy in a pure way.

The direction of your thoughts must be mastered. This includes becoming aware of where in the body your consciousness resides, the ability to remain on guard to disruptive influences from the environment, understanding your spiritual presence and the power of thought, placing your power in the inner light rather than outer circumstance, keeping the mind from getting caught up in erotic thoughts, losing your energy, and the ability to still the outer chitchat mind so that you can remain conscious in your higher eloquence.

For a person who has first learned this basic energy control and self-radiance, tantra as sexual union with another is a consciously chosen venue for further opening, emotional revelation, healing, bonding and self-mastery.

Without this mastery the outer pulls take over and the practitioner is not able to retain and refine their sexual chemistry, nor to hold true to their spiritual potential. Each must be able to circulate their energy as the creative self-radiance found within their own presence; this requires solitary effort.

Often, emotional healing and clarity is sought through sexual relationship before an ability to work with the energy is gained. Since so much healing is needed in the area of relationship and intimacy in our society, this is a challenge facing many. Just because you are cold, a fire is no less hot to touch. So much drama and bondage that is played out through the sexual arena is often better dealt with through a solitary meditative practice; once this foundation is created, you have tools to work through the complexities of healing brought forth through relationship.

First direct your attention towards greater inner clarity, then harmonize your whole being into that reality. In the process you will uncover everything that needs to be seen and evolved within yourself. It is a real dance, one which often involves but cannot be limited to yogic methodology. Yogic practice and focused visualization are keys by which you gain subtle access

to the castle of your creation, to the meaning of **"I AM."** What you do once access is achieved, only you can decide.

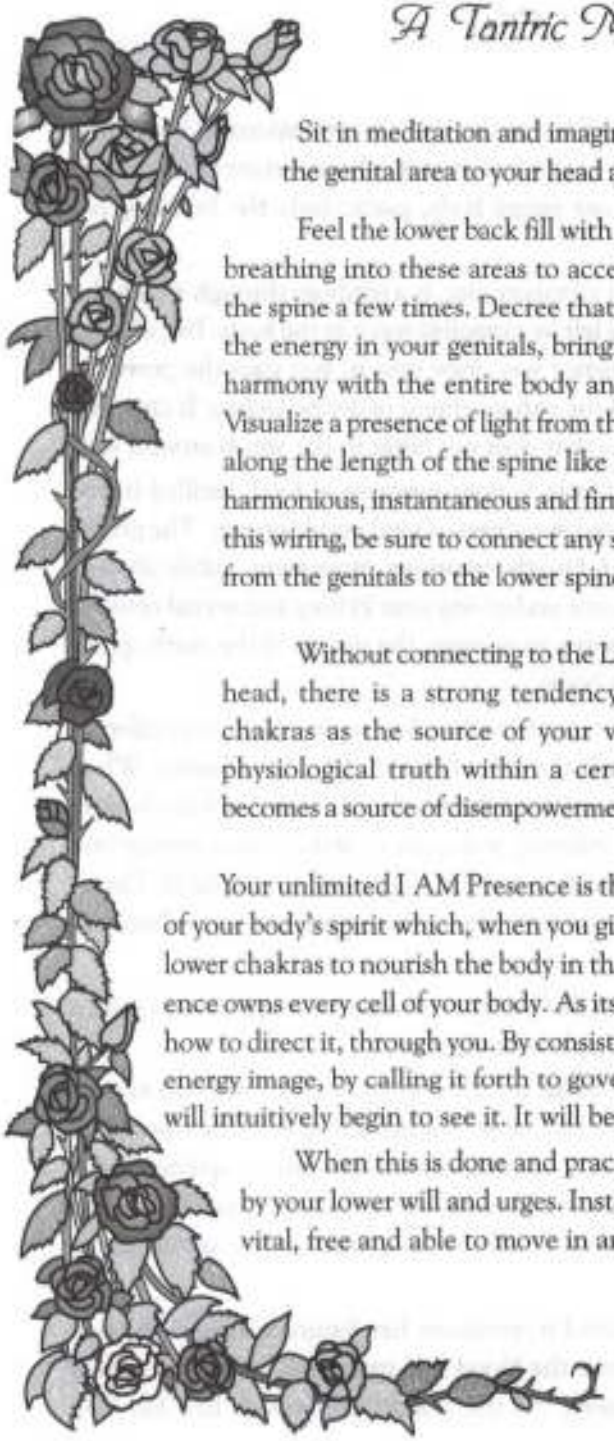
You will never gain your victory by settling for second best. The tremendous pull of sexuality which locks people into particular ways of compromise must be overcome. The whole purpose of red tantra is to bring forth a higher equilibrium, whereby you are free of the pulls of duality, ever residing in the effortless self-radiant bliss.

The prime teaching of tantra is, *"You get there by being there."* First, bring everything into that light of purity. It is in this light that red tantra best serves the aspirant; all else is simply the ups and downs, the wheel going around and around and around. Upon maturity of the decree, *"I AM awake as Spirit,"* conventional sexual thinking is transcended, or elevated, to a higher level of energy play.

A common misconception is that red tantra is about sex. This is only half of it. The other and most important part involves transcending the emotional necessity for sexual intercourse itself, while not diminishing or suppressing vitality. This comes through the transmutation (not suppression) of sexual energy into its higher currents and through deep-seated emotional healing. This transmutation works both ways and allows the deeper grounding of the soul force into the cells of the body. It is this grounding of the soul force, the higher union, that brings the final fulfillment and thus equilibrium.

If you are not based in your own Light, then sexuality becomes a way of drawing upon another. In this case, the yogic depth of red tantra is impossible to experience. Without Love, repeated sexual intercourse, even if the sexual fluids are contained, dries up certain inner essences and makes a hardness in a person. Love sets yourself and others free of all karmic bondage or limitation.

When the sexual drive is a law unto itself, a passion constantly needing expression, the stabilization of the higher state cannot yet occur.



A Tantric Meditation

Sit in meditation and imagine an electrical line from the genital area to your head and a few inches above it.

Feel the lower back fill with presence. Do some deep breathing into these areas to accentuate this feeling. Flex the spine a few times. Decree that your higher self governs the energy in your genitals, bringing that life-force into a harmony with the entire body and its greater awakening. Visualize a presence of light from the top of the head passing along the length of the spine like a wire, bringing an easy, harmonious, instantaneous and firm empowerment. To assist this wiring, be sure to connect any sexual impulse or feelings from the genitals to the lower spine.

Without connecting to the Light-presence above your head, there is a strong tendency to look to your lower chakras as the source of your vitality. While this is a physiological truth within a certain framework, it also becomes a source of disempowerment from your true source.

Your unlimited I AM Presence is the highest and literal source of your body's spirit which, when you give it permission, directs the lower chakras to nourish the body in the best way. Your I AM Presence owns every cell of your body. As its spirit, the I AM best knows how to direct it, through you. By consistently relating to your higher energy image, by calling it forth to govern and direct your life, you will intuitively begin to see it. It will become that much more real.

When this is done and practiced, you are no longer led by your lower will and urges. Instead, you are contained, full, vital, free and able to move in an enlightened way.

Ojas

As semen is contained and refined in the body, it is transformed into a fine sweet oil known as *ojas*. This nectar is tremendously important for the physical and spiritual health of our entire body, particularly the brain, spinal chord and nerves.

Ojas, because of its high vibratory rate, is a medium through which the invisible influence of spirit is felt as a tangible force in the body. By cultivating ojas and the subtle presence you draw into it, you gain the power of connected visualization and the enhancement of divine feeling. It creates a lightness and joy in the body that does not falter in the winds around you.

Semen is first produced from various essences of food distilled in the blood stream and concentrated as carriers of vital pranic energy. The pranic energy is obtained from food, breath, emotions, movement, subtle absorption and the pure creative spirit underlying your kidney and sexual centers. Semen and its resultant ojas are, in essence, the energy of the earth spiraling up into and through the body.

The body takes a lot of energy to replace lost semen, both in its effort to replace it and in dealing with the loss of vitality from its absence. When semen and the resultant ojas are contained in the body, they act as a battery storing energy, a source of radiance, a magnet to attract more energy into the body and a medium in which to stabilize that energy in the body. Therefore, a prime concern of red tantra is the conservation of these substances and their refinement.

Men and women qualify the forces involved in the creation of semen and ojas in different, but complementary, ways.

A man produces semen in his testicles, in accordance with his masculine drive. If he is able to turn that drive inward and upward, he transforms his semen into ojas and is able to elevate his manliness into a spiritual quality. If he is not able to do this, he loses his semen through ejaculation and disharmony and is in a constant battle to make more of the substance he needs.

A woman, as I understand it, produces her feminine semen through hormones, food essences from the blood and intestines, as well as energy absorbed in her lower abdomen. All this is focussed through her *Tan Tien*

(a few inches below the navel). As she draws it up and circulates it, she contains her semen, in the process creating a very highly refined oil of ojas. A woman does not lose the equivalent of her semen through orgasm, as it is contained more in her womb and in her blood. However, if she does not absorb the energy and transmute it into a refined circulation through her body, she will lose it during her monthly moon cycle.

A man will naturally lean towards techniques, definition and the power of his mind to achieve what he wants. A woman's spirit works more through the power of absorption and an inherent trust in the oneness. Her way, rather than emphasizing chakras, channels and techniques, often prefers to focus on the harmonizing emotional richness guiding every part of the body, naturally and self-intelligently, in the upliftment of matter into spirit.

Oil of ojas is one of the vital liquids which impart a radiant protection and higher brain function; it is particularly concentrated in the brain, spine and bones. A whale has large pockets of oil in its forehead, which enable it to embody its vast ability. The bliss that a whale has, also its role as a galactic communicator, grounding cosmic energies which originate from deep within the earth and from the stars into the earth's psyche, are made possible through the oil in its head. The same is true for you. This oil is refined from your sexual essence combined with a very refined chemistry generated in the brain. As it builds inside of you, it feels sweet, strong and extremely nurturing.

Surrendering to the earth starts with taking care of your own bit of earth – your body. In time you will feel the space within your body, the organs and the bones. As you gain this subtle connectivity you will become aware of the inner Light of the body. You can travel in this light, interact with other beings in this light and, because it is all inside your own body, it naturally reinforces the feeling that it all is within, all is One. To discover this requires spending quality time in deep silent meditation and elevating practice. Thus the success of higher sexual tantra, or any tantra, depends on the attainment of deep silent meditation within the body. You cannot obtain peaceful, silent meditation in the body until you resolve the issues and thoughts which disturb it. This is a strong reason for using dynamic practices to prepare the body as a temple of meditation.

The cultivation of earth in your body happens in a gradual way over years of continued application, particularly manifesting as a greater connectivity of visualization and feeling.

Bone Breathing



The following is a practice that I have found both enjoyable and extremely beneficial. It grounds awareness within your bones; in the process, it cleanses them of fat and toxins, regrows the bone marrow and stores ojas as a presence within them. It brings a spiritual grounding. For people who say they do not feel or see anything in their meditation, it awakens an inner intimacy within them.

- Sit with a straight spine and begin breathing deeply and fully from the navel, making a slight sound in the back of your throat as the breath enters and exits. Be mindful to feel the presence of each breath; direct that presence into the body, containing it and building upon it.

- Feel your hands and feet. (You may desire to hold your hands up in front of your chest.) Visualize a steady stream of red energy entering through the fingertips and toes. On your inhale, bring your awareness to this inward flow. On your exhale, contain the energy, feeling it build around and within the bones of each of your fingers and toes. Take your time with this.

- As you get better at this, start spiraling the energy around the bones, so as to intensify its feeling. Remember to contain the presence of energy on the exhale (you should start to feel a warmth in the area of containment during each exhale).

- As you continue (over multiple sessions), draw the energy up the arms and legs into the spine, combining it around the level of the diaphragm. Spiral this energy up to the top of the head, back down to the ribs and through the ribs, finishing as a diamond in your thymus gland.

- After a few minutes, as you direct the prana deep into the body and your vitality is strong, you should feel a natural upwards tug from the genital region. Sometimes this brings forth a spontaneous application of mhula bhanda. This occurs because, in the intention of containing the prana in the body, the prana wants to combine with something; ojas from semen is the perfect substance. If you visualize the mind prana spiraling in

the tissues and the bones, it will draw forth ojas, like two strands of a double helix coming together. In this way the nutritive substance of ojas enters all the spaces and cells of the body, directed by your intention.

- As the bones and the tissues surrounding them become responsive, practice at times with the mind alone, forgetting about the breath.
- Let the breath enter stillness. Intensely imagine a golden light above the head and entering through the top of the head, filling the body and surrounding area with its radiance. Particularly feel this golden light fill the insides of all the bones, as if it were precipitating into a radiant golden substance which keeps effortlessly shining. Spend time feeling the light precipitate into a substance which is effortlessly self-radiant.

Tips:

Be sure to give yourself some creative license, such as exhaling the energy out of the body at times, feeling your skeleton as alive, strong and porous to movement of energy through it. Try feeling this strength as a sweet youthfulness.



As you open up, breathe additional energy in through your elbows, knees, hips, shoulders, forehead, the top of your head and any part of a bone that is near the skin. Also feel the palms of your hands and the soles of the your feet open.

Keep the imagery in your mind's eye connected to the area through which you are directing energy. Take care not to hold a picture in your mind borrowed from a book or a dead skeleton; keep the image alive and at one with the area you are visualizing. As you feel the bones open to your image, let this reflect in your mind's image. Be creative. Feel there the quality of youthfulness, the image of yourself that the bones carry, the tendons attached to them, the bone marrow within it. If necessary imagine a string from your mind's eye to the part concerned. Pulling a slight mhula bhanda also helps this sense of connectivity.

Keeping a strong breath helps focus your mind so it does not move to some other concern or become disconnected in any way. The mind focused for a minute is but a passing shadow; the mind held steady as a torch for some time becomes extremely potent.

Soma

When you awaken to, cultivate and call upon your unlimited spirit, I AM, to descend as a rich field of light-presence into your body, particularly through the outpouring of the chakras, the I AM stimulates and even directly precipitates, tangible elixirs known as *soma*. Soma acts within the body to further transform the body, allowing it to sustain a greater cosmic fire, ecstasy, expansive feeling of love, freedom and divinity.

Soma is a delicate substance, spanning the range from very slight to consuming, from ethereal to quite tangible, even capable of sustaining life in the body. It is felt as spirit-fire, or spirit-essence. Until the body is raised to a higher vibratory level, the delicate soma energy simply evaporates as quickly as it forms.

As the nerve strength of ojas is not used for egotistical displays but instead surrendered to the greater, eloquent, nonverbal and unified existence of the Soul, the complementary nectars of soma are generated as tangible blessings of the Oneness, the Mother of all creation.

In the meditative experience of incredibly refined, brilliant and awake spiritual richness descending from above and the sweet earth spiraling up from below, the body feels suspended, light, clear and centered within. Life is felt to be effortless; in essence, your higher self is meditating you in stillness and action.

Have you ever eaten a perfectly ripened fruit, such as a peach, with a fragrance and taste seeming to be a heavenly nectar? It has a certain spirit essence to it. Perhaps you could see the fruit after eating it.

Many momentarily taste this kind of enjoyment in the course of their meditation. Breathing this subtle awareness into the spirit radiance of eternal life requires inner exploration, long still meditation and the purifying embrace of refined emotion. Elevating your awareness to become radiant is becoming conscious of your spiritual presence. Establish regular early morning and evening practices.

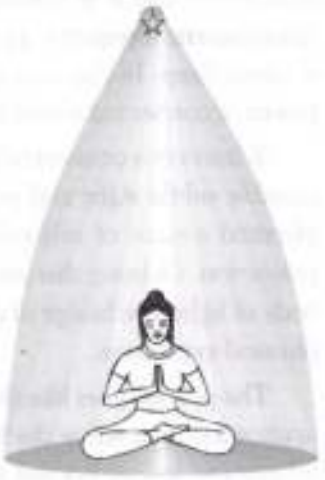
When using the mind to draw free atmospheric energy into the body, the aliveness you are able to give that prana is, in essence, your spiritual awareness – the same awareness by which you realize your radiant nature. That same qualitative ability can be used to create tangible energy and physiological support out of nothing but the infinite inner joy.

While precipitated soma can be a definite physical, measurable substance, it is different from our regular concept of matter in that it is very much alive. It is a self-intelligent and self-radiant light substance. Soma can be more physical or less physical, according to the refinement of your body and consciousness. It is simply a taste of what is to come – your body as blissful consciousness in the Ascended state.

Here is a visualization to help bring forth your unlimited spirit into bodily, to raise the body to a higher frequency.

- Visualize an opulent tube of light originating from a point of radiance ten feet or more above the head, enveloping the body and extending at least three feet from the body.
- Let it emanate effortlessly and with all the vibrant, penetrating and intelligent powers of sustainment you can imagine.
- Immerse yourself in the tube of light, allowing it to purify you of any disharmonious or limited thought not of its frequency.
- Open the top of your head and feel your presence above it. With consistent visualization you can make this tube of light a blessing presence of your higher self, to govern and elevate awareness within your body and the reality of what occurs in your world.

While earnestly doing the above visualization, make sure you give it enough emotional richness or else you will not be able to sustain it. Do not let the mind wander, get sleepy, or spacey.



To bring this tube of light into the body as well as around it, you need to be able to feel, visualize and connect inside your body. Remember, for unlimited spirit to gain an expression, you must be conscious of it as the expression you desire to bring about. You are spirit and its expression! To gain an inner support from this tube of light, you must awaken awareness within those channels and spaces.

Cultivate awareness and prana through the inner space of the body by conserving your sexual chemistry, breathing through the body and visualizing your organs, bones and energy flows. This cultivation of earth enables you to hold the cosmic vision of your higher self, which then elevates your notion of earth.

Soma is precipitated light. The nature of soma varies according to the qualities and decrees of your being by which you bring forth that light. Intensely visualize light entering into and emanating from the body combined with the feeling radiations gained from contact with various masters. At times you may wish to focus on the inner space opened by a light, say in one of the chakras. Other times you may desire to stimulate a glandular feeling from the head or throat, such as *I AM Bliss*, qualifying this delight as light. In all ways of consciously bringing forth soma, a light presence must enter from above into the head. Subtle energy centers located in the lower, mid and upper back of the head, hairline, chin, above the roof of the mouth, temples, throat and thymus are all capable of generating soma when stimulated by a connection to the pineal gland and the energy centers above the head. Try visualizing light precipitating into delicate snow flakes raining down into your body, evaporating again as light releasing into your cells. A potent feeling-visualization is awareness in the back of the head of a delicate, refined and alive oil like substance composed of liquid light.

Soma enhances the development of various siddhis by the feeling it gives of bridging the gap between spirit and matter. From the thymus, the invincible body is created. From the throat, long absorption in deep meditation occurs and it is possible to literally precipitate into the body all the nourishment it requires. From the lower back of the head, the yogi can go without sleep. In the area around the top half of the head, a tremendous power of connected visualization is gained.

Wherever a concentrated field of prana is created in the body, it makes possible subtle sight and projection through that prana. Soma anchors a physical source of self-radiant feeling, greatly enhancing subtle body projection. Gaining this awareness is very important for creating a higher body of light, the bridge of consciousness between your god-head and your physical expression.

The process goes like this: through purification, intention and directed application, you refine the body, emotions and mind, entering the wonderful ecstatic feeling housed within. The beauty of *Eternal Yoga* is that from

the beginning, every step of the way is integrated with your consciously applied essence decree, *I AM Awake, Eternal Radiant Presence*. This call takes the form of the essence visualization in which you connect with yourself above your head and draw that activating potential down into the body and your subtle activity.

From that inner standpoint, you harmonize your thoughts and interactions to become an outpouring of your highest truth, never afraid to see or penetrate as may be required. By understanding the purity of the words "I AM" and penetrating into your subtle awareness, you can call forth your expression within a body of light. With practice you are able to remain awake, natural and interactive in this subtle existence.

As your attention becomes more internalized and penetrates into limitless realms where you do not yet have the support of a structure or an image, a firm determination is required to stay awake. This is where the practical emphasis of calling forth your Divine self to take charge of every aspect of your outer world pays big dividends. Through this type of application, you are remaining in your awake principle and slowly transferring that alertness to the upper realms by not separating it from your physical world, where you already have a support structure that keeps you awake. Meditative refinement of the physical body greatly increases the subtle support it gives you. When you call forth your divine self to help you in the world, make sure you see or imagine it as an active force. Without awareness giving it a form and feeling, the infinite influence of spirit goes unnoticed.

At this point, the image and radiations from the Beloved Masters already awake in those realms are a real help. Upon achieving radiant awareness above your head, you are qualifying what was previously formless consciousness into the form of your radiant image.

Through continued cultivation, you learn to qualify the universal formless possibility into a tangible feeling and image and then condense that feeling, even into physical precipitation. What was previously solid becomes transparent and the invisible becomes tangible and solid. With this understanding qualify your light image with feeling substance; it then becomes a vehicle, tangible to your consciousness, in which your spirit can travel and interact. Your consciousness is now multi-dimensionally coherent and so is your body. You never again lose consciousness of your "awake principle - I AM," whether expressing as a body or in waves of efflorescent vastness. All this is coordinated from the highest pinnacle of your spirit – I AM.

The removal of the last veil separating consciousness above the head from the body, as directed by the heart of your eternal self-intelligent spirit, is your Ascension – spirit as matter and matter as spirit. It means that you are able to gain all the definition you need simply and purely through the thought, "*I AM whatever I want to be!*"

The idea that you can precipitate both ethereal and physical substances into your body out of apparent nothingness may seem far-fetched, beyond reach. Yet it is actually a commonplace occurrence, though it subtly escapes most people. It is just that most are not so conscious of the power of their thought. In a loud, insensitive, coarse person these subtle substances evaporate. A woman who loses the softness of her femininity evaporates the subtle life-giving chemistry of soma, needed to produce her uplifting atmosphere. A yogi awakening into the Oneness becomes conscious of the whole process and is able to increase its effectiveness many thousandfold, through application and inner education resulting from the blessing radiations of other beings already awake in the Oneness.

You are tapping into a consciousness where everything is alive, radiant and self-intelligent, not inert mechanical realms of existence. Even so called space is alive – what intimacy!

As vitality rises up through the body, it partially activates the upper centers; in this activation the soma essences are brought into the body, resulting in a greater fullness. The feminine sexual chemistry can be visualized as a red essence in the body. Likewise, the masculine chemistry can be attuned to through visualizing a white light in the body.

There is a type of soma that is already at one with the ojas in your body, even before it comes into existence. This is the potential of the higher mind pranas that exist above your head. The realm just above the head directs all the energy flows and vortices of the body, in harmony, as an image. It only needs the qualitative power of your consciousness to draw forth this soma from the universal unlimited substance of your spirit into a tangible reality for your body. In the process of gaining that subtle awareness, you must overcome all your subtle root resistances, pride and distortions.

Small quantities of biologically absorbed and inwardly potentiated metallic ions are vital for the production of ojas and soma. The metallic ions in your bloodstream literally absorb higher frequencies of energy into the body.

The activation of higher awareness above the head is the single most important cause to activate the higher function of these ions in the body, which also needs a good dose of spiritual passion (mixing heaven and earth). The quantities of ions needed are minutely small, some adepts literally absorbing them through their skin and from the ethers. Spiritual openness, visualization, dynamic yoga practices and the appropriate ignition and channeling of passion provide a rich flux of soft energy which, in the process of absorption, reveals the richness which is ever-radiant from within.

☆ Fusion Channel Essence Visualization ☆

This is one of the principal essence meditations given in this book. However, it is not a beginning practice, as it requires a purity and second nature of how to work with energy.

- Sit with a straight spine, close the eyes and breathe deeply through the body. "Fan" the inner fire with the breath, connecting with and vitalizing the spaces within the body. Continue for as long as you feel necessary.
- Starting from the genital area, with the white light on the right side and the red on the left, begin a connected visualization of the two energies twirling up the body, integrating the two sides of the body together, the right side of the body going in and out of the left side and visa verse. Make sure you start at the root area with a rich, earthy, slightly passionate and vital feeling. Rather than thin imagined lines of energy, let it fill the entire inside of the torso. When I first learned this meditation through inner transmission, it was not as colors, but as my masculine and feminine essences making love with each other, twirling up through the body.



- Sense that the inside of the body is transparent light, so as to be responsive to your intention. As the energy spirals up, let it envelop the whole body, bringing forth its energetic participation. Make sure to maintain an emotional, even passionate, yet implosively contained richness. Breathe this feeling into the visualization. Feel energy from the earth spiral up into the body. Continue for at least ten minutes and as long as desired.
- As the spiral reaches the throat, hold the thought, "I AM Bliss." As it becomes more and more self-sustaining the fusion channel opens; this is the primal awakening of ecstasy in the body, bringing forth an increased flow of soma nectars. As the throat opens in this love dance, it brings a much greater sense of inner ecstatic touch. Use this touch to visualize a disk of energy around the waist which receives and stabilizes the spiral of energy coming up into the body from the earth. Let the spiral of energy-fire from above the head further envelop and enrich the body temple, suspending it in this love dance of heaven and earth. Sense a diamond light from above seat itself in the thymus, in the form of a brightly-faceted clear diamond radiating a clear liquid that is youth itself.
- When the fusion channel is open it begins the process of "lifting" the sexual chemistry to seat itself in progressively higher chakras, by combining with the soma essences. This in no way results in a loss of grounding, rather in an incredible sense of clarity, lightness and expansiveness in the body. The fusion channel absorbs cosmic energy directly from the earth and heaven into your body. It activates the eighth chakra a few inches above the head into bodily awareness, uniting all the chakras into one big "bliss-consciousness."
- When finished, open the eyes and remain sitting for a few minutes, totally relaxed.



The Second Chakra

The second chakra,[8] like all the chakras, is a subtle heart embodying a particular aspect of your spirit as it descends from above the head into the body.

This energy heart is located in the spine several inches below the navel. Its immediate field of activity encompasses much of the lower abdominal area, particularly the genitals, small intestines and synergetically works with the outpouring of other chakras, influencing the kidneys, spleen, pancreas, liver and metabolism. Its subtle energy presence continuously effects the DNA in every cell of your body. Your DNA is an antenna, receiving the living light of your subtle body image and translating it into the body's chemistry. The more activated the DNA becomes in this function, the more fully it grounds the subtle body. The DNA is only one of a number of such mechanisms in the body.

However, most people's awareness of the second chakra is limited to their sexual feelings, centered in the genitals.

Because the subtle outpouring of the lower chakras seem much more physical than the higher chakras, it is easier to feel their effects upon the body as you awaken within their light. As you master the ability to hold and cultivate the juices of creative energy, then the second chakra opens into a far greater bodily transmutation of cosmic energy. This power of transmutation can be used for great service, healing, strength and rejuvenation.

The light in the lower chakras, as seen from the inner eye, makes the physical body seem transparent. This helps you to spatially connect with the various organs and the subtle emotional influence that works through and around them.



[8] Chakras are the foci of various outpourings through the subtle aspects of our body. Each chakra is the center of a particular frequency or expression, and through attunement, we can enter the inner world of our body and its spirit. A comprehensive introduction to the chakras is given in the Eternal Yoga book *(see appendix on last page)*.

In awakening into the light of the chakras, many images come forth; it takes a determination to stay clear and conscious, so that you can release any undesirable images and past involvements, replacing them with your simple and pure presence. If you do not do this, those influences will continue to effect you in subtle and often unseen, ways.

The second chakra is a storehouse for karmas. It is said in some scriptural references that your genes and blood carry the karmas of seven generations. Add to that the emotional imprints and conditioning of this life, past lives and the subtle influence from your spiritual family, some of who may not even be on this planet! To stabilize an awakened movement of spiritual energy, you must be able to rise above any unconscious, negating, or downward pulls within these collective thought-forms.

Entering the ecstatic orange light within the second chakra, a yogi transmutes collective energies through nothing more than maintaining the purity of that light in a formless sense. An adept learns to feel themselves in all parts of the body, in a relaxed and pure manner. The entire body becomes filled with Light.

The second chakra is very much attuned to the water element. A good meditation to get in touch with this quality is to:

- First, chew a bit of Chinese licorice. Do a few spinal flexes, then breathe deeply through the body to harmonize and internalize your attention. Keep the spine straight and enter a meditative composure. Center yourself at the throat, continuing to breathe deeply and fully, until awareness is totally absorbed in the inner world of your throat chakra and the breath comes to a natural stillness. Visualize with feeling an ecstatic ethereal sensuous fluid, in which you swim and play. Get in touch with that feeling – imagine a waterfall, let the water become light and refreshing, with a thick sensation of substance that is made of indescribable happiness.

- Move the attention to the lower abdomen, centering within it, while simultaneously feeling yourself centered in the throat. Feel an inner radiant space open in the lower abdomen, while breathing through it. Be sure to feel a point inside the body; do not let the mind float off in some disconnected image.

- Illuminate this inner space with a bright, clear, effortlessly radiant orange Light.[9] Let it fill the whole body. Purify and brighten the lower centers, that they are experienced as Light.
- To finish, open the eyes and remain sitting for a few minutes. This practice will bring up many dreams and sometimes emotions. In mastering this chakra, the yogi learns to walk on the water of emotion.

The sexual energy is very connected to the kidneys and the brain. It helps in the above meditation to breath through the kidneys, while visualizing and feeling them fill out with presence and energy. The kidneys inject a richness in the body, very necessary for your strength.

The vitality gained through the upward flow of the lower centers can be extended for great service, healing and rejuvenation of the body. As a person creates the resultant chemistry over the months, it gives a radiance and a sweet smell and youth to the skin.

The life-force contained in the lower chakras ignites an upward propulsion of purifying and quickening consciousness, opening the fusion channel in a strong upward movement from the genitals to the top of the head. This inner mastery of your vital energy is gained with an absolute understanding that the vital light within the lower chakras is to serve the higher self. There is nothing outwardly sexual about this. It is better defined by the understanding of celibacy; the body is then strengthened as a vehicle to hold greater quantities of life-force as initiated from the higher self.



[9] To enter the orange light in more depth, feel it very bright, translucent, vibrant, and ecstatic. Keep the physical body still and enter wholeheartedly, without reservation, its ecstasy, which consumes anything less. Entering deeply enough into this ecstatic inner depth of infinite energy and mystical space becomes a doorway into the subtle body, and into the creative Presence of our Eternal Divinity in the center of everything.

Celibacy

Celibacy, for spiritual purposes, is more than being sexually inactive. It involves a strong, upward, transmutative movement of energy, which nourishes the integration of spirit into the body and thus gives strength to your expression. There is no way that true celibacy cannot involve the sexual life-force, because this is what you are lifting up through the body.

One of the greatest tantric adepts of our time, Sri Ramakrishna, achieved his mastery through choosing to remain celibate. In this choice, he in no way ever suppressed his sexual energy; instead, he intensified it with an incredible passion of life. Because he did not qualify it as sexual, but as energy and light, he brought it into all the cells of his body as part of the divine current. From this he gained an incredible mastery of the red ray. This I speak from personal experience, as one night he came in a body of light and totally merged it into mine, as if stepping into it. It was all I could do to contain an energy of such intense magnitude coursing through my body.

An adept such as Sri Ramakrishna, while outwardly celibate, is making love in a wholly different way – not involving the genitals or that imagery, but the raw cosmic forces themselves as they play in their love dance. My experience with other Masters is that while each unique, their light is of such purity and intimacy that it transcends the conventional framework of sexuality. They are in no way ignorant or shy of sexual expression; they have returned it to its original birthplace, the intimate blending of spirit in Love. It is the world in which they consciously exist, forming the very air they breathe, the Oneness. Some of these masters of a yogic disposition have used red tantra as part of their journey towards that totality, while some have emphasized a celibate path.

Through celibacy, you learn to contain your energy; instead of habitually looking to another for balance, you find out how to do the same within yourself. It requires a real commitment to keep your channels open. You must live a clean life, deal with your emotions, eat healthy food which does not create an agitation in the body and meditate to enter the deeper currents of your soul.

If you do not give your energy an expression, it becomes built up to the point of creating agitation, or suppressed, which is not healthy and does not

serve the spiritual path in any way. Highly beneficial are exercise and dynamic movement in the body that include mhula bhanda and conscious use of the breath. You are burning out agitations within the body, while at the same time transmuting your energy through a healthy circulation of life-force. By returning constantly to the light of your inner equilibrium, you bring that same peace and energy into your outer life. Plenty of meditation allows you to gain the fruit of your discipline.

There are times when celibacy is appropriate and times when it is not. Celibacy should never be used as an avoidance of relationship, or a way of keeping everything of your psyche intact, when it really needs to be broken down and opened up!

More on Maintaining the Upward Flow

With a genuine clear upward movement and absorption of vitality, you are radiant and at peace. Your sexual life-force has been seduced by your higher self. Fueled by the joy of your upper centers, your vital centers create a natural balance of transmutation that results in further absorption of cosmic energy.

This gives an equilibrium, strength and radiance, that as it increases, becomes very enjoyable, like a dance of light. In this type of affair, you gain the best of all worlds.

Without the upward flow of life giving chemistry, it is difficult, if not impossible, to maintain an elevated consciousness. There is not the nerve strength to stand behind your intention, gaining victory. Even sexual activity is not as enjoyable, because it is bound to a lower octave of energetic loss and gain.

Without the upward flow, life-force dribbles away, spent in erotic thought, confused emotion, unhealthy food and leakage though inability to contain it. There are no juices, no substance to form a strong body and a stable mind which can focus and stay with an intention. A woman who does not circulate her vitality will be forever unfulfilled and neurotic, destroying her health through emotional eating and senseless activity. A man will do the same in his way.

The only way to develop this upward flow is to work for it. You have to keep an iron command over your thoughts. Do elevating practices, stay

away from gross vibrations, eat healthy food in a sensitive way and engage in long deep meditation. Yet even with this, real success only happens when the emotional healing of relationship has occurred. Be patient with yourself.

Knowing the depth of what this really means, I know that each will have to find their way as best they can. You cannot ignore the completions needed, anymore than you can free yourself from eating food before you have the yogic ability to do so. But you can grace yourself by working through some of the completions in your sadhana. Cultivating an inner awareness and a meditative habit gives the ability to penetrate to the core of whatever needs completion, as well as the capacity to move forward through obstructions, understanding it all as within.

When you overdramatize or suppress the lower chakras, you fix your attention there and lose the higher equilibrium sustained from the upper centers. If you impartially seat your attention in the upper centers, by thinking of them as "higher and beyond-it-all," then there will always be a struggle between this self-created concept of the upper centers and the "lower" sexual and desirous nature. Yet in reality, it is all one energy with different functions and it will all work together provided there is the purity of intention and overall maturity. The upper centers govern through embrace and their equalizing perspective of wholeness. When all the energy in the body is simply your pure presence, then you can love intimately, fully and freely, whether this love is expressed in sexual intercourse, service to others, or deep body-centered meditation.

There is another time when lustful thoughts become very dominant in the body and that is when a yogi is first consciously entering the light in the lower chakras. All sorts of erotic images come and seem to take over the meditation. If you fight it you will lose, because you are fighting the very powerful shakti power that is your very own vitality. You must work with this inner feminine energy to transform it into nourishing your greater awakening and to develop the penetrating clear vision, so necessary for your freedom.

My answer was to use the passion, even some of the erotic images, and deeply internalize it. Thus the masculine and feminine energies within me were making love to each other and I clearly felt that both were me. In this way, the energy naturally floated upward to my attention in the upper centers and became very, very blissful. The navel center then takes control of

all three lower chakras, as the navel energy is naturally very good at directing energy. The erotic images disappeared and the Light in the lower chakras became very pure, beautiful and of a floating, yet grounded, quality. At this time I also had inner help from some of the Ascended Masters, receiving initiations whereby this energy was strongly fused into the spinal currents.

The body's vital energy is unflinchingly stabilized in an upward direction through the governorship of your conscious sense above the head descending into the body. This is quickened through decree. An example that I use in my silent meditation and before sleep is:

"I AM the invincible upward containment of seminal and electrical energy in the body. Nothing can interfere, as I AM the self-sustaining power of this decree."

Another decree suggested in one of Godfre' Ray King's books from the Saint Germain Series is the famous decree of Jesus:

"I AM the Resurrection and the Life."

In addition to inwardly decreeing this several times a day, remember to feel it anchored from above the head, beyond the touch of duality, into the body as fact. In the process of doing this, sense a disk-shaped fullness of diamond-like impenetrable white or clear light around the body at the navel. This gives further strength to your decree.

Regenerative Sex

Regenerative sex is where the man retains his semen and both partners circulate their energy in a transformative way to create a refined equilibrium, thereby embracing the spiritual charisma of life. Most of the following section addresses the retention of semen and is thus geared towards men.

A man must learn to retain his semen in sex and close the door to its loss through erotic dreams. Semen can also dribble out along with urine, which can happen in cases of weakness, injury, or a severe alchemical imbalance. The strengthening of retentive thought also protects against these occurrences.

For a woman, it is lost by not absorbing her vitality from the lower abdomen and by a lack of emotional integration, resulting in her feminine semen being pushed out of her body during the course of menstruation.

The most important aspect of retaining this chemistry is your control over the direction and nature of your thoughts, including your emotional fulfillment. (I will explain more later in this section.) Along with this comes a developing awareness of the body's energy flows, how to open them and use them as pathways to transmute and circulate energy. Yoga, pranayama and visualization all help to this end, as does a tantric understanding of sexual embrace itself.

The nature of the food that your body uses to manufacture its sexual chemistry has a big impact. Eating non-agitating, wholesome, vibrationally healthy and easily digestible food helps internalize your fire, so that it is clean, strong and under your command.

Raw and excessive energy in the body must be absorbed into a higher frequency; this is one of the benefits of pure diet, meditation and transformative practices. Otherwise, the energy will become an agitation and the body will find a way to expel it, for its own peace.

In regards to sex, this requires a re-imaging of the whole affair as regenerative. In the emotional and energetic pull of uniting with a woman, the man must at that moment emotionally and energetically understand the value of tantric wisdom. When this is truly so, he becomes thoroughly disinterested in genital orgasm.

A balancing, building and continuity of vitality, directed inwards to a higher equilibrium, becomes the new affair. A man must program into himself that the excitation in the genitals never exceeds his ability to contain that energy. This means moving slowly, especially when beginning intercourse. A woman and man must work together with this. It takes time to develop this mastery and maturity.

Thus the initial excitement is contained, even if he has to come out of the woman completely or partially several times to cool down. Working with a deep breath and moving the energy around in the body helps. Sometime he might have to move quickly, even jumping up if necessary. However, it is best for a man not to get this close to ejaculation. Honor that approaching feeling of no return when it first appears and stop right there, containing the energy before continuing.

The two feelings that have to be mastered by a man are his sense of penetration into the woman and the pull that she exerts upon him. In the first, the physical channel of semen in the body needs to be felt as continually upward-moving and contained. The semen always, always follows the direction of the strongest thought. By visualizing a white light throughout the body, he helps the semen to move inward.

Before a man's loss of seed in climax, or prematurely, there is always a precursory thought of energy moving outwardly from the genitals. Your mastery is in controlling this thought and redirecting the energetic pathway of the thought. Lock the pathway in an upward direction like a ribbon of steel.

A visualization for men follows. Do not overdo it and always finish with a definite centering in the higher centers. If you are not able to do this, do not practice this visualization.

- Sit with a straight spine, eyes closed, body still. Feel your genitals filling with energy and imagine that you are in intercourse. Please do not project yourself towards another person; keep it all contained. Feel the heat being turned up and the energy (in your visualization, not in reality) approaching the point of no return.
- Now apply a strong mhula bhand and lock the energy upwards. Feel it spiral in, connect with the kidneys and move up the spine. Create that ribbon of steel, where the energy is contained no matter what. While mhula bhanda is an essential tool, it is much more than a physical tensing of muscles. The pathway created is subtle and is formed through visualization of soft energy. In this type of movement, the exhilaration is not drowned out; instead, it is trained to travel up through this path along with the excited energy. You want to move it to a place safe from any urge of outer expulsion and the closest places for this are the spinal chord and kidneys. Before you can ever hope to contain your energy in sexual embrace and have the will power to back off as necessary, or the ability to circulate the energy amidst increased stimulation, you must already have established this pathway and a strong thought of retention. In fact, it must become so strong that ejaculation is an undesirable thought.

In this mastery, if the man does not share the subtle energy with the woman, then the sexual act itself remains unfulfilled, as well as a suppression of the masculine aspect of giving forth radiance. This sharing does not have to be the physical semen, rather it is his masculine essence carried on the soft, continually radiating energy which she absorbs to a greater degree through the stimulation of her feminine principle.

A man must learn the art whereby he maintains the feeling of penetration, as well as a movement of subtle vitality through his penis into the woman and through her body, without the actual movement of the semen itself. The vitality can be likened to the electricity that the sun generates when it falls on a solar panel. It is continually created. However if you throw away the solar panel itself, then not only can you not share that electricity, you also have lost the means of generating it.

The second urge that a man must master is his response to the powerful pull of a woman pulling his life-force into her inner space. As this ability is gained, she has the space to move around and open up in that tremendous passion. The man can participate in this love dance through the equilibrium of circulating his potency and anchoring it to the upward flow of governing life-force. If the couple moves slowly, this gives time for the man to open the channels within his own body and feel that his attention is not so centered in his penis, but potent and contained through his whole body, particularly the kidneys. Often he will have to go through one or two plateaus of stimulation and relaxation to reach this point. Through maturity a man learns not to mistakenly respond to this pull exerted by the women by releasing his semen; instead he learns to maintain the semen and share the radiance of that liquid light with and in her. In that sharing of radiance, the semen now requalified as liquid light vitalizes the whole body and becomes the means, as an extension of his presence, whereby he can feel the woman's energy and merge with it.

A man needs to inwardly feel strong, open and confident. Connectivity of the spine opposite the navel and the throat must be quickly established. These are places that initially contain the extra amounts of stimulated energy in the body and transmute it to finer levels. The idea is to distribute the charge of energy as quickly as possible, so as to bring the energy of your whole body into it.

In regards to initial excitement, start slow with minimal stimulation and channel that excitement with the breath, muscular locks and strong

intention, to open the pathways of transmutation and energy flow. Keeping one knee up above the level of the navel can help a man circulate his energy. The feeling of the kidney presence having a subtle connection to the genitals with a potency of command over its energy is the first plateau that must be established.

Moving the body around when energy begins to get too concentrated in the genitals helps to shift a buildup of energy and allows a greater interplay. Working subtly with the breath must be second nature. As the throat chakra is opened up, its tremendous capacity for ecstasy gives a venue other than the genitals to feel this, and this brings the lovers to the next plateau.

Mhula bhanda is important for toning the muscles, clearing the pathways of transmutation and creating the upward path. In bringing the energy up, do not limit yourself to one thin imagined line of transmutation, such as the spine, but incorporate the whole body, the blood, your lover, your emotions and the space around you. Yet the strongest path of this transmutation remains the spine and sometimes the central core of the torso. This line of transmutation must move into the center of the brain and emerge as a brightening in the central brain core, which you can feel, at least temporarily.

For a couple waking up in the middle of the night into a romantic holding of each other, leading to intercourse: do not override relieving yourself first, even if only a little. Not urinating can make it very difficult for a man to retain his energy and it can create a burning in the urinary tract for both men and women.

The man is learning to refine and master his drive as a vehicle for the truth of his being, thus strengthening his character. The woman is learning to refine and circulate her passion as pure energy, requalified at any moment, through any center, into creating the highest and most fulfilling space for creation – true intimacy.

For any of this to become possible, there must be an evolving shift away from centering on genital excitation and into the movement of energy and light through the whole body. Over time, the natural course of this evolvement leads away from the continual interest in sex itself and into the direct development of the Light Body. Do you see why I say that red tantra is not a beginning path? If a practitioner is not able to make this shift, then they will hold onto the outer experience of sex and create continual drama and pulls in this regard.

Gross excitation and genital contraction of energies wanting to be relieved in momentary spurts of enjoyment and relaxation must be burned out. This burning out only happens for a man through extended upward transmutation of his sexual energy, aided at times by the subtle mixing and blending with his partner's feminine nature. He must continually apply himself, remaining on guard as to the nature of his thoughts and his environment. Again, this guard does not focus in any way upon suppression; rather, it is a strengthening of the upward fulfillment in the face of competing pulls. It is an opening of the channels, not their closure.

A man who is not interested in holding his seed during intercourse would be wise to regulate the frequency of sexual intercourse. A general guideline for a man engaged on the spiritual path is that after the first several months of a relationship he should not lose his seed more than once a month, maximum. In tantric regenerative transmutation, this can extend into years.

It may be predictable that a man will lose his seed at times; i.e., in particular instances of the feminine-masculine play, or in the following circumstances: if a man is just beginning this mastery, particularly in a new relationship; if he is not on a vegetarian diet; if he has not yet learned how to direct energy through the breath; or, if he hasn't learned lessons of vulnerability and surrender. In any case, he should still do his best to maintain himself through the initial moments of intercourse. It takes a particular balance of chemistry and strength to integrate the extra energy; this takes time to develop. Also involved is the subtle needs of a woman; if she feels she needs the physical seed of her man inside of her, or the vulnerability that it makes in him, she can be a very powerful force.

A woman does not lose her sexual chemistry from orgasm unless she overdoes it. As the man is able to contain his energy, she is able to move into orgasm with the full excitement of her energy, although in tantric sex this is not always the route chosen. If a woman, however does not learn to absorb her energy, similar to a man, through a level of plateaus, then the energy she has absorbed from the man will most likely be wasted in her next menstruation. Mhula bhanda is thus a valuable tool for her in lifting the energy at times to the head centers. It is all simply an extension of the same body wisdom learned in dynamic movement and kriya. The microcosmic orbit is kept open and besides circulating the energy with her lover, she also keeps it moving through her whole body, to open every cell in delight.

An important aspect of maintaining the balance of energy in the body is through the coziness of the relationship. In this way, a couple is constantly exchanging energy with each other and thereby creating a balance.

Without the alignment of the lower chakras into the will of the higher self, through genuine penetration of Light into the body and through the upward force, it is impossible to maintain a spiritual force in the body without it becoming corrupt, or impotent at actualizing itself into fulfillment.

The Yoga of Love Making

Common bodily sense includes not engaging in sexual intercourse on a full stomach or if not centered in your own energy. Make sure the bladder is empty before intercourse. Move your energy through the plateaus.

While the complete microcosmic orbit should be fluid, the man generally opens first his spine and then his frontal line, while a woman opens her frontal line first, then her spine. Keeping connectivity up the spine, particularly opening the spine from the tailbone to the kidney area and through the torso, openness of the throat, back of head, thymus, kidneys and center of the head, is a natural part of bodily awareness that promotes fulfilling lovemaking. The energy will move through a series of plateaus as this occurs. Honoring this process requires a maturity.

As the energy is flowing through the two of you, this is where total surrender, as well as the abandonment of any strict rules into the moment, are true cornerstones of a fulfilling experience. For a man to overcome resistance to intimacy, he must surrender any subtle mental domination that acts to suppress the feminine vision and any macho cover-up of hidden difficulties, emotions, or unfamiliar experience. It cannot be faked; going within must already be a familiar experience. His purity, gained from doing this work, is the key.

A woman must be conscious of her divinity, working with the man to bring him through his initial excitement into prolonged lovemaking, leading into the softness and strength of his inner joy. Her surrender not only opens the flow of energy, but circulates it to a greater height of experience. She must surrender any resistance, but this cannot honestly happen unless she feels the appropriateness.

A man may be like a sun, but she is the entire space in which it even exists. A woman needs to observe her partner, access his purity and energy, and feel her willingness to take that energy inside of her. While she maintains her innate awareness, the cells of her being become charged with his fusion. She must recognize the man as the divinity of God and be able to hold herself as the formless Goddess, as well as participating in the form.

Not only does this increase intimacy, but it elevates the union to a play of divinity – it is all within. If she does not feel an inner acceptance of the energy she will join with, then it is not tantra, it is but "a fling," whether a day or a lifetime in duration. In the future, there will have to be a healing and a coming to terms with the energy which she has taken inside herself, yet with which she does not feel comfortable (for whatever reason).

Perhaps an obvious, yet important and often overlooked factor is the psychic energy of your environment, which you will often end up transmuting in your love play. For example, if you have been in the company of disharmonious or disruptive people all day, this energy will be in your aura and, until it is cleared, will effect the clarity of your presence and subtle energy channels. While some couples are quite conscious of this, it is often better to do this work through solo meditation, pranayama, etc.

Sexual intimacy is not a map to be followed. It is an act of creation, of fusion, of fanning that fusion into awakening a new whole and of giving that whole the magnetic substance of your combined light. What passes for sexual intercourse in today's society is simply a release; it is hardly an act of creation. Red tantra includes the nourishing interplay expressed in the bedroom, continues through the inner awakening of the fusion channel in meditation and evolves into a continuity of conscious awareness.

The intimacy of sexual tantra is not just the bliss in the bedroom; all areas of life are illumined as a result of this union. Through this commitment, areas of life are brought up for healing and strengthening that reflect themselves in the everyday interactions. In turn, as these healings occur, there is a greater intimacy.



Plateaus of Delightful Balance

When the lower passions take over, many of the subtle currents are drowned out and cannot be connected with and strengthened through mutual circulation. The mutual circulation of subtle energy builds into a light, happy, carefree and indescribably fulfilling experience inside the body. It feels like a continual implosion of energy, even orgasmic at times, and is therefore contained.

Man and woman each pass through several plateaus during tantric lovemaking. In each plateau there is a buildup of energy which must be assimilated if his seed is to be contained and the energy circulated. It is important to move slowly and work together. It takes practice. Remember that the principle of red tantra is not to lose yourself in a few wild moments, but to build the strength of a continuity of awareness.

In conventional sex, shared orgasm is the desired outcome. In tantra, it often occurs that each partner's excitement is complementary. It works something like this. When a man is getting excited he slows down and contains his energy. As he directs that prana into his body, he gains both control and a tremendous potency. It is important that he gives this phase enough time, so that the energy can be used to stabilize him in an internal empowerment. He then increases his movement in her and, most importantly, the projection of this potency. The woman feels this vibratory shift and that is a tremendous stimulation for her. As this reaches a height in her, either as an orgasm or simply a lot of energy, she then allows her full attention to shift from the excitement into the soft energy and in her upward absorption, comes into a stillness. Her buildup of energy creates a corresponding increase of the man's genital charge and as she stills herself, it gives him the chance to also redirect his energy. In this soft phase, the couple must be careful that their consciousness does not become too passive. There must be an active internal direction, breathing and upward absorption. If the mind is left to simply wander, much of the benefits may be lost.

As each plateau is successfully achieved and the man holds his seed, he is enriched with a greater strength. Feeling this, he can further share it with his partner, containing himself as she opens up more and more. This is an important principle. By holding his seed, he radiates the strength of that seed in subtle ways into the combined field of his partner and himself. The woman does the same, in her way.

While sometimes a couple may want to work through quite a few cycles, teasing their energy to the very edge and often beyond, much more often tantric sex is a kind of embrace. As such, it does not aim towards too much genital excitement. The energy is simply kept awake and moved deeper into the body, in a fulfilling and strengthening way.

This type of true fulfillment, where the energy moves deep and wakefully into the body, brings a balance in life. The desire is not for intercourse day and night. True fulfillment brings a contentment where the attention can be easily harnessed for longer meditation.

Opening to Each Other



A woman's chemistry is as much a divine fragrance, as anything else. She has a potentially unlimited amount, provided there is connection, circulation and cultivation. A women who does not open herself and circulate a whole body feeling is devoid of her own chemistry. You cannot open yourself honestly in compromise, thus a woman should never sexually join with a man whom she does not love and want to take inside of herself as part of herself.

It is important for a woman to find her inner source of security. She is a magnet to cool and balance the masculine principle. She does this by her very presence. If she remains in her higher source and connected in her body, then the soma in her is without limit, nourishing her greatly.

When all this is fulfilled, the actual erotic art of lovemaking becomes natural and spontaneous. Each time a new plateau is reached, the charge on the genitals lessens while full vitality remains. The stimulation of the genitals never exceeds the ability to circulate the energy. The entire bodily circulation fills out between the two of you; this is love making.

A full, bright, golden radiance becomes almost visibly present in the head and a wonderful feeling fills the entire body. The man cannot reach these higher plateaus without also sharing the energy with his partner through

subtle enrichment. This sharing brings the opening of the woman to greater depths of her being. She draws more and more universal identity within her body and finds a great bliss in this, including bodily orgasm at times. The woman is the space in which all occurs and she feels this more and more during prolonged sexual intercourse. Outwardly and energetically a man enters the woman, but inwardly it is reversed, as she becomes all of space and that which is contained within it.

Egotistically some men may feel that they initiate the women, as if they will transmit their particular awakening within the woman. However in tantric reality, the women is the subconscious of the man and she initiates him. The feminine is the program, is the computer, is the playing field. The man is the lights that shine on the playing field, is the voltage that powers the computer. Man must await the timing of the Goddess and then she will take him to new heights. He brings God to her and she shows him what God is.

Relationship is so much. If it is not from the space of Love, what type of space are you creating? What opens up is all of you, desirable and undesirable. With the total commitment of partners to each other, you must be ready to deal with all of each other, mixed into your own body. Deep emotional intimacy often brings up issues needing change and growth.

A number of men "need" women, because they are not able to form a sensitive relationship with the earth and within themselves. They see the earth as an opportunity for exploitation, or as dead rock. Women become their secret source of the earth's energy and blessings, which they need but cannot obtain themselves. This type of relationship is not fulfilling for the woman, because her man is not in love with her, but is using her to obtain what he himself has turned away from.

Many women engage in relationships that they do not want, yet they feel they need because they cannot manage by themselves. This generates great anger within women towards men, compounded by the inability of the man to totally fulfil what the woman wants. This type of covertly directed anger is sugar-coated poison. Women need to find the strength within themselves first, then they can surrender unto this strength in the form of a man. A woman should innately know that she is the space of creation, but if she has not found her own true strength she cannot see it inside her man either and she will ignorantly sabotage his existence as a man.

Any person who wishes to use red tantra as a practice must have a strong desire for spiritual completion within. There must also be the vulnerability to allow the blending and reflection with another to really show that completion. Emotional fulfillment of its own nature is a giving, loving and free disposition. Vulnerability allows you to feel and notice hidden emotions and attitudes that need healing, which are otherwise covered over by your strength in other areas.

For me, sexual tantra has been an important part of my emotional deepening, expression and transmutative practice. It helped bring forth initiations into my inner-earth nature, as a vehicle for greater intimacy with the Divine in form. In my maturing in the continually held upward force, the awakening refinement of my subtle body has lifted the need for sexual intercourse to another level where it is all done from within, as directed by my innermost essence.

A Meditative Visualization

The following is a visualization for a couple, provided both partners feel the definite attraction to do so.

> In union, the man visualizes himself as composed of a brilliant white light, making up every cell. The woman visualizes herself as a scintillating red. Besides each partner holding their own color, they also feel the color of the person they are joining with.

These two earth colors give a tremendous strength and integration to the whole affair, heightening the inner awareness of this union. The man visualizing a warm, youthful white color, is thereby stabilizing his seminal energy throughout the body and as a radiance for his partner. It is a rod of strength through his whole body, that is also very sensitive. The woman, by embodying the red goddess, is circulating her feminine nectars through the current of her blood, which touches every cell of her body, and through her body, every cell of creation. This red is qualified in the divine, knowing the power of emotion, the bliss underlying all of creation. There is a lot of radiance in it, like a seemingly infinite number of scintillating points of light.

As the man outwardly enters the woman, penetrating his presence into her and through her as one circulation, so the woman, through her power of feeling, enters the man, passionately forming his emotion, like blood flowing through his veins and strength through the pores of his bones, creating him in her, her in him. She is free and knows it. He is sovereign and lives it. Two consumed as one, Oneness being all there is.

The genitals become divine instruments of quickening. A steady stream of radiant awareness passes through the penis into the woman, seeing her every hidden space, her insides, riding up through her in joy. The light bodies are felt to be kissing, making love, awakening. The energy is constantly felt as light, as the infinite passion of life coming into play. The woman is felt to enter through the tip of the penis into the man, penetrating him in softness. A pink cloud emanates from the womb through this channel into him. The body of light and your images within it grow stronger.

Stimulation through movement is kept to a moderate level, so that awareness does not become overly focused in the genitals and a meditative length is maintained for as long as desired. Do not let the energy approach the point of no return. Remember, this is not an exercise to let off a buildup of energy through outward expulsion of the energy. Rather, it is a subtle sublimation of that energy, to return it to its original qualification as simply life – wonderful, pure, intimate and radiant! Feel the energy circulating through the two of you, as intuitively appropriate. The subtle sense develops whereby the whole affair is no longer seen as just sexual, but as an energy of life in the Oneness. One plateau after the next is reached. Everything of life is sacred and nothing can remain hidden when it all becomes transparent.

Do not feel that you are only connected at the genitals, or through the kiss, also feel the inner parts of your body touching. Feel your thymus making love to the essence in your partner's thymus, feeling the delicate joy of its inner presence. Feel yourself embracing above the head, in every part of creation. Awaken the subtle radiance of joy, streaming upwards, effortlessly, delicately, touching your life forever.



There is a subtle masculine and feminine hormonal fragrance that is enhanced through this visualization and becomes a subtle part of the experience, whereby your essences are shared and blend together.



Keeping Everything in Perspective

Do not look to red tantra as the source of higher initiation from the eternal realms of consciousness. High initiatory experience can be revealed in the act of sexual intimacy, but it is not initiated there.

Phenomenal experiences can be earned by anyone willing to persevere with meditative technique. Higher experience, as the purity of your soul, comes through the penetration and quickening of the inner work, applied as the love of oneness, of purity, of light. Its magic is self-initiated by your desire, enthusiasm and groundwork for greater awareness within the Light. Once tasted, experience must be stabilized to liberate its gift of freedom.

As magic as it may seem, it is a fallacy to look to sexual tantra to do the work that really needs long meditation. When the work is done from within, initiated through the Purity of your Light, then whatever passionate expression you engage in is simply the flowing of your inner Light. You gain clarity beyond the world of form altogether and remain in this clarity through sensitivity to your outer activity.

What is it that you most want? The approaches given in this book are for those who want their wakeful consciousness and eternal body, not temporary fulfillment of the senses. Inner clarity graces every area of life, whether work, heightened experiences in love making, or deep meditation.

It is absolutely essential that for certain inner initiations into the mystical strength of the individual and collective body, the frontal genital energy is consistently transformed into the upward flowing spinal current. This has its natural timing after certain necessary emotional completions have occurred. This does not imply that all interest in sexual intercourse disappears, nor is it any loss of sexual libido, but sexual intercourse has another quality about it – being more contained in the sense that it is all within.

Two people coming together in intimacy can bring forth, reflect and ignite a wonderful awareness inside of each other. In my own experience, I have had wonderful insights and inner experiences during prolonged sexual intimacy: feeling indescribable ecstasy, my awareness deep inside the earth, experiencing the entire earth inside of my Beloved, totally losing all bodily identification and becoming a mountain. Yet these types of experience are

not initiated because of excitement in the second chakra. They are occasionally initiated through sexual tantra because of the sacred intimate resonance created in the body temple.

Perhaps the most important aspect for a man or woman in being able to work with their energy in sexual tantra is their day-to-day attitude and approach to the opposite sex. For a man, this maturity requires the self-empowering respect of the feminine, both outwardly and inwardly. Women are as his divine sisters. If a man lets his mind move in erotic thoughts or fantasies while in the day-to-day world, the upward channel will not be instinctive and clear and it becomes more difficult to contain his energy, as all the previous thoughts have an effect of wanting their erotic completion.

Emotional insecurity and incompletion must be brought forth and healed before sexual energy can be qualified back into its much more encompassing and primal state of spirit. This facilitates a continuity of higher consciousness, twenty-four hours a day. Genital union no longer dominates sexual consciousness; it becomes just one of the many connections in which two lovers, as one, ecstatically flow in a higher and very alive sense of union.

Red tantra may excite the juices of many, but it alone cannot give the mature understanding of Oneness that is gained through meditation, grace, honest application and purity. It is through these that you burn out the coarseness of the sexual pulls and transcend the encompassing need of constant sexual activity, while maintaining a vital potency. The choice to move your energy sexually is then just one of the avenues of expression within the Oneness, being governed by that purity. So again we come to the understanding of tantra that cannot be explained through divisions, yet uses the divisions as its playground. The Beloveds or Lovers meet and the Divine momentum bonds their auras and essences into each other's molecular structure, giving them greater experience of their Oneness, clearing each other through the purity of their Love and transcending compulsion into a choice. This is not overindulgence – it is a true blending, while maintaining and increasing the lovers' vitality.



Neither suppression nor orgasmic pursuit will empower the spiritual journey. Sublimation of sexual potency is needed as wood for the fire, or more accurately, as the carrier of your essence feeling in the body. A man needs the strength of his seed, a woman needs the sense of intimate relation with divinity. Together there is a balanced expression. Sexual tantra has its windows of timing, i.e., the bonding of a couple and as a venue for earthing, birthing, revealing, containing, surrendering and commanding aspects of growth. Rules of a book or whims of insecurity do not determine this timing; it is the cosmic play itself, the strings pulled by the desires of the soul and necessary completions, that ultimately create the permutations of your tantric expression.

Red tantra involves the proper balance and blending of alchemical forces in the body. It is possible to retain your chemistry and yet, because of a fascination with power, a disinterest in your higher self, or much purification yet to occur, this retention simply compounds and makes worse an existing imbalance. Remember your home in spirit and spirit will make its home in you, guiding you every step of the way.

Red tantra as a yogic practice can never replace the pure meditation of using your I AM Presence to awaken the centers above the head and bring that intelligence into the body. Red tantra used as the source of your aliveness, while at first of tremendous boon, can weave a web of misconception that can take lifetimes to sort out. What then is its benefit? Simply, it is an expression, an art, applied in Love, at the right time, bringing forth a healing, joy and strengthening. If the practitioner does not hang on to it, this tantra will gently bring the completions necessary for the next step, the next door.

An advanced practitioner, male or female, can work with the energy of soma and ojas within their own body through deep connected meditation and the higher tantras. This chemistry is important for a superior nerve strength which supports the power of affirmation and the inner awakenings. The knowledge of this comes at the right time from within. Supportive confirmation and intuition frequently present themselves outwardly in conjunction with the inner initiation. **It is important to remember that ultimately, your strength comes solely from your I AM Presence.** Without maintaining awareness of this through reflection, gratitude and attention, the road to freedom is still distant.

The Higher Hormones

Each etheric center produces a nectar that strengthens the body at its particular frequency. Sexual vitality, when qualified back into its primal potency as liquid light, assists the absorption of more subtle nectars from the thymus, throat and head centers. These nectars, in turn, aid the absorption of light from above the head. Each cultivation of the body at a particular frequency of existence opens the door to the next level.

Recently, much talk has been given about a "death hormone" produced by the pituitary gland after puberty. This so-called death hormone is the result of living as if your source was the outward report of the senses, rather than the infinite flow of spirit; there is not the inner harmonious wisdom to keep disharmony from qualifying the body in a destructive manner. Thought always finds some means of expression, whatever it be labeled.

In the esoteric tradition, this would be described something like this: "When the priceless pearl of immortality drops from its rightful crown in the head into the fires of individual will (the lower centers), the body will, in time, decay." It is the same as saying that when the lower will rules – the body will decay, when the higher perfection rules – the body will be beautiful and strong.

There is a subtle substance produced from the head centers that is tremendously nourishing and rejuvenating to the body. A coarse personality, creating fires of individual will out of alignment with the higher consciousness, burns this nectar like a fierce fire evaporates delicate dew, oblivious to its existence. A body weak of its own vital strength from below, as happens when the sexual chemistry is not preserved and refined, is not able to absorb this nectar; it is like water passing through a screen. A person unaware of their own inner nectars of joy is like a hungry person not recognizing the food growing all around them.



The secretions from the head centers are present to some degree in all of us. If they are not able to combine with the moist earth of ojas, their ethereal fire dries the body, weakening and aging it.

An upward flow of vital energy that has been purely refined through the governorship of the higher centers provides the earth element necessary to requalify the consuming fire of the so-called death hormone into a life giving substance. It literally bonds light emanating from your eternal presence into the body. For this to occur, you must cultivate spirit awareness – I AM. There are no mechanical levers in the sky making it all work, rather it is your qualifying expression of consciousness which clothes the workings of spirit on every level of creation.

The so-called death hormone is more consciously understood as the inability to use the body's primary nectars of rejuvenation.

The Twin Ray

I have found a great emotional fulfillment has come through meeting my Twin Ray, my Eternal partner. Finding your Twin Ray does not happen through outward looking, but through self-mastery and a willingness to become all of who you are. Meeting your Twin Ray is a mature step occurring well along the way of attaining your spiritual freedom.

The intense passion of a Twin Ray couple coming together activates everything within one another; the couple continue to move into higher and higher expansions of their relationship. In a Twin Ray relationship there is the Oneness and co-penetration to allow the depth of emotional healing necessary for this greater union.

We have seen couples who so much want that union, yet have not achieved that level of awareness, pretend that their deeply felt relationship is the Twin Ray. In time, their soul will move them on in its knowingness, as only the Twin Ray relationship can bring the level of bonding that is sought after on a deep level. Until a soul is ready for that level of spirit union here on earth, their necessary completions become the perceived form of their Twin Ray. All is Perfect in the Ever-Expanding Perfection!

The teaching of the Twin Ray as the *Beloved consciousness* emphasizes the inner work of activating your own radiant clarity of light. It is only through the higher activation of your Presence that you can understand what the Twin Ray is and thus bring forth that reality. Until you know your light within the depths of formless awareness, it is not possible to recognize the Twin-Ray, even if you were living with that person.

Your Twin-Ray manifests as the completions necessary for you to bring forth the full recognition of your Beloved. At times, this may take the form of a person who is perceived as the Twin Ray but is not.

The teaching of the Twin Ray brings much clarification in the area of relationship, because it shows all relationship as a dance of the soul in finding your own Self. This important subject and indeed the reason this book has the name it does, is brought forth in a later chapter.

First the homework must be done; the following chapters, therefore, focus on the emotions, in the light of taking self-responsibility for everything you feel, think and do. These insights need transformative practice to be put into practical use. Practices that move energy in the body will naturally bring up emotion and promote clear insight to see what they are about. It is the pure space of clarity that is desired, not an overemphasis of emotionality.

Again, do not look for your Twin-Ray. Rather, awaken to the Beloved Consciousness within you, commit to your Radiant-Purity and call forth your completeness – then everything that is part of that completeness will come forth. You may have to travel to the ends of the universe in bringing forth your completions, yet in the end nothing is as close to you as your True Self.



The True Everlasting Victory

Red tantra is a path to intimately awaken your body of light. It requires a genuine emotional maturity and spiritual understanding to skillfully guide yourself through the various experiences and unite formless consciousness in form. Red tantra, as a path for inner development, is far from a beginning path. The depth and purity needed to use the intimacies of sexuality as a means of yogic attainment requires one who is no stranger to the inner work. The illusions, falls and misunderstandings that are so prevalent among its proponents demonstrate this point.

Deep inroads must have been traveled many times towards healing any emotional constrictions. Potency is cultured to bring forth the inner radiance without walls. Before red tantra can unveil its fruit, a person must be already firmly established in their inwardly born Radiance, or they will not be able to expertly lift the feelings of passion into the liberating freedom of spirit.

Unfortunately, red tantra is often greatly polluted with projection of unfulfilled emotions, incompletions and uncontrolled life-force. In such instances, the scenario often develops where tantric relationship is used to draw upon another person, often in subtle or covert ways, for what has not truly been found within oneself.

Lovemaking skills and the vulnerable depth of emotional exchange between a couple is obviously of tremendous benefit and this is not what is being addressed here. As tantric skills are gained, some, in their enthusiasm, engage in several hours or more a day of intercourse, month after month, year after year. In this case, sexual union becomes the principle and dominating practice and there is a very real danger that the application towards the true everlasting Victory is lost. Pleasure and sensation must be purified and identified as your essence, not as a result of intercourse or anything else, because it is the pure beingness of yourself that you are experiencing. Then you are free, for you can directly access this beyond the need of form, yet it is felt underlying all enlightened interaction with others.

Intimately awakening your own body of light is the path of red tantra. This tantra works with, but not in place of, deep self-initiating meditation into the higher realms. Red tantra seldom brings forth this fulfillment, because of the idealized concepts with which many, ignorant of certain basic requirements of the spiritual path, approach it. The true everlasting victory

lies in finding your own self-radiance and worth. This purity then serves every aspect of the path you take for the full attainment of your Ascension.

In Closing

Red tantra is not mastered through study, or even through sex. Every aspect of your life reflects in your intimate affairs. The purity of your energy, your connectivity and the state of your emotional body, all directly qualify the nature of tantric lovemaking. Add to this the appropriateness of the moment and, most importantly, the nature of the relationship you are in.

What is important in spiritual growth is developing a continuity of consciousness twenty-four hours a day. That is to say, your awareness never gets lost in ups and downs. The deeper your roots into the substance of your soul, the greater the expanse of emotion that can be experienced within an equilibrium.

This substance of your soul is your I AM Presence. Continue to cultivate the Radiance within your awareness. Practice a kriya or technique morning and evening; then sit in the still mind.

Silent meditation is not meant to be a dull experience. It is the way of finding and centering in the aliveness of the Great Silent Radiance within. It requires real commitment; developing this commitment gives you the character necessary to apply yourself through any blockage between your free state of radiance and how you experience yourself at any given moment. In this way, you will liberate your constrictions to the free flow of your own Joy.

How do you develop a connection with your inward radiance? Just do it. It is like wondering how to lift your arm. At some stage in your life, usually very early, you must connect that you have an arm. It is the same in connecting with your inner radiance. Go within and bring your consciousness to the center of the heart, or in the head, while simultaneously feeling suspended in a sea of rich energy, bathing you from above and below. Relax in it and know, wait, sense, imagine, allow, feel a sense of Self-Radiance that is happy for no reason at all. Acknowledge and cultivate this subtle, yet tangible, experience.

Passion and vitality are used by a couple, through skillful embrace, to open up the subtle inner spaces. Through a continuity of consciousness carrying the essence of experience from the bedroom to deep silent

meditation, a transcendental shift of focus awakens an intimate awareness of spirit, reflective of the cosmos.

Truly, the inner strength is what brings you through. Looking to another as the source of your happiness is a limited experience. The relationship with the Self must be paramount. It is the strength and commitment of this inner relationship which brings forth fulfilling relationship in the world as well.

The reason couples come together are numerous, including sharing, completions and companionship. Yet the nature of relationship is often one of change, because we cannot possess each other and Love sets everything free. On the spiritual path everything is speeded up. Lessons that previously might have taken a decade may pass in weeks or months.

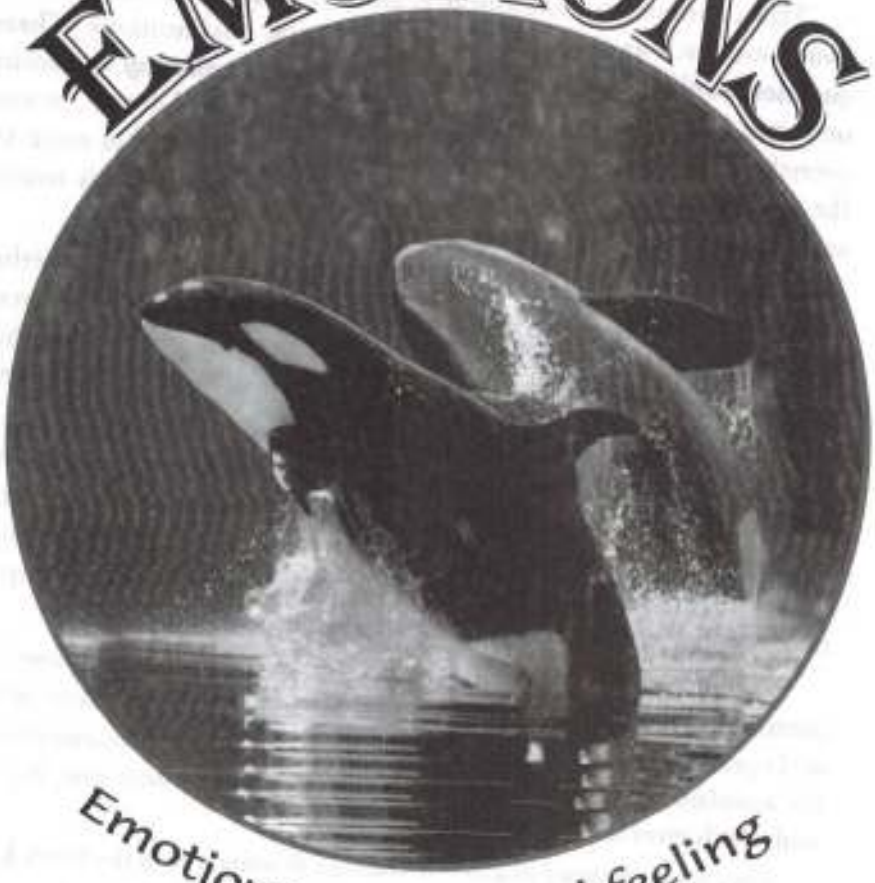
Elevate your energy so that you can clearly see what you want. How can you see the mountain when it is covered with fog? How can you enjoy life when you do not have the energy to face it? How can you realize the spirit within you if it is almost dead? Where is the joy in fighting, in melancholy, in unimaginative existence?

None of these difficulties are overcome with money, or material power, or social status. These things anyone can overcome through inner practice and self-empowering decisions, starting now, today, in the moment and never looking back. This book and its companion book *Eternal Yoga – the Applied Science of Ascension* are full of practices. You have to make the choice!



Chapter Seven

EMOTIONS



Emotions are the Soul feeling itself within creation

Energy in Motion

Consciousness, prior to content, is what we eternally are. It is our soul which is the ability to feel. In our essence, what we feel is our Presence, our radiance. Stop for a moment and connect to yourself as pure radiant consciousness.

This continual consciousness is clothed with the specifics of our awareness, such as images, feelings and mental qualifications. **These qualities, clothing our primal radiance, are what makes up the entire universe.** Everything is emotion. Trees, rocks, people, thoughts, atoms, everything of this universe is created from the blissful power of emotion, the form of image and the qualification of its existence. Yet this refined emotional view often goes unfelt and unrealized.

The ease with which you as radiant consciousness can awaken within our co-creation determines the nature of your outer feelings. When your light, your purity, your stark beautiful eternal presence, stays awake while flowing through the frozen images of physical creation, it is as a flower springing to life. The whirling dance of image, of atoms, is alive.

Fully penetrating into creation, its very atoms become the atoms of your awareness, the flower becomes the image of your radiant source, emotion is the feeling of your spirit and what happens with that image is the decision of your soul in perfect attunement with all of creation. Matter and spirit have regained essential truth, their unity – the Oneness.

When awareness of Self is distant, it is like stepping on a hose and diminishing the flow of pristine energy. The emotional sensitivity of the soul operating in such a fraction of its truth becomes limited to emotions of the mundane world. Yet, even in the roughest, gaudiest awareness, it is the soul which gives that ability to feel.

Love is experienced in a free abundance flowing within the heart. **Love is the natural, unrestricted, free flow of energy.** Love is the root emotion which literally holds our universe together.

Nothing exists until it is felt. For physical atoms to exist within the mind of God, someone felt them into being. **To create anything, someone, on some level, has to first feel it. This is a fundamental law of creation.** You only damn yourself when you feel damned. You bless yourself when you feel blessed. Emotion is, in some way, always present. When you cannot feel, it is because you have become disconnected from your emotional sensitivity.

Positive emotion multiplies and spreads by its transmission from one being to another. Blessing others and creating an uplifting atmosphere opens an abundance of goodness that dissolves hurt and constriction. Maintained, it is like rain giving life to seeds, nurturing their growth and witnessing the blossoming of beauty.

You cannot feel anything which you have not, on some level, helped create. Truly, when you abide in the feeling of Oneness, you are given the keys to experience the unlimited Universe.

Emotional Direction

Emotional experience can be a gateway for growth. Yet emotion can also be the force of suppression and ignorance. When emotion runs away with you, creating havoc, ignorance, or shallowness, you have turned your back upon your own Light and forgotten who you are – creator, God incarnate, the pure joy of existence. Each must face their limited emotions, each must free themselves into unlimited experience, into the flow, the beauty of life, the refined emotional radiance of Self.

Each will ultimately do this, because we embody a living matrix of emotion. Every atom of us gains its *ultimate* identity from the highest emotion of Love. Love will ultimately compel a forward and enlightening evolution within every *one of us*. Wherever your soul wanders, in all its ventures, Love will find a way in to its rightful and free dominion.

Where there is constriction, Love, which is the free flow of natural energy, will compel change. The universe has a built-in force of evolution which is you finding the freedom to experience yourSelf. This force of evolution just keeps on shining, forever. Your natural, bliss-filled, all knowing, wonderful, God-given radiance of Love has the ultimate staying power.

What Loves you is your Self. You are Loved by a power that already owns the whole ball-game and can never fail!

Really, you are made of, you *are*, L♥VE.

By connecting to your feelings, you have the opportunity to evolve and refine. Make an art of surrendering every contraction into the flow of love itself. What trust! You know when something feels right. As you honor and awaken your sensitivity, this becomes very clear. Eventually all your feelings

are overseen by and permeated with the inner sense of Perfection – the open heart.

Love is not something that you can project to or do to another being. This is often one of the biggest hurdles to overcome in spiritual growth. Love simply Is. Love is noticed, opened to. It is something that delights you, something that flows by itself. Understanding Love in this way instantly deflates the grandeur of the ego, opening wide the floodgates into the sea of bliss. Your responsibility is to Love itself.

It is an act of the Supreme Creator that has Created us. Fully Awakening to this, you experience the beauty and glory of God effortlessly bustling out through your creative awareness – I AM. God, the infinite, the all-possibility, finds an outlet through the Presence of each *one of us*. In the higher realms of your Presence, you radiate forth your Eternal Presence as Light. This body of light is your Eternal Radiant Light Body, your image made of heavenly consciousness, your shambala. This eternal exuberance of your Soul is the active principle of creation, of God.

How important to open and allow yourself to simply feel each moment, to be vulnerable and to take shelter in the vast depth of your being!

To discover yourself in the supreme Oneness, does it not make sense that you will have to surrender dualistic feelings of being separate? To surrender yourself, you have to first find yourself. **You get There by being There!** To remain in the ever-opening experience of yourself, you must constantly surrender any feeling of contraction, by anchoring your identity as the inner Radiance of Self – I AM.

The feeling of being contracted comes from doubts, judgments, belittlement and existence caught in a suffocating cage of the limited mind.

For some, this contraction becomes so severe that they literally become allergic to themselves. To surrender is to relax, aligning more and more totally into the sense of the free flowing heart — giving and receiving becoming one and the same, the Oneness of Self.

Awakening forever moves you into the indescribable, grounded in the heart of creation itself, your heart. Spiritual growth is change. To enter the spiral, you must commit to spiritual awakening, to sadhana. Those who fear changing have arrested and, silly as it may seem, taken themselves prisoner. **Fearing to change, you cannot grow.**

Take Time to Feel Your Depth



The number of trees in a forest can be calculated to yield so many cubic meters of timber, so much fuel, or so much capacity to hold water in the ground. In short, the trees are being described in the context of what material benefit can be gained from their use.

When you connect with a tree and feel what a tree is, you embrace the sacredness of its creation. Therefore to cut a tree, you must do so in relationship with the earth, with a feeling of the gift that you are receiving. A group of people who live in sacred connection and know the Oneness, will not by nature harm the earth or each other, because they intensely feel everything within themselves.

This is your willingness to embrace creation, to be in it, to honor it. It is a spiritual process. You cannot be fully incarnate without becoming spiritually aware, for this world is made of spirit. It is spirit to which you awaken when you are fully in the world, with two feet on the ground and the eye made single.

By playing in and bowing to shallow surface emotions, you will remain in these emotions time and time again. Such a socially driven existence is ignorant of life's deeper meanings and movements. When emotion runs pure and deep, the surface may be as a lake, or rough like the open sea, but deep down there is a fountain of joy.

For those who listen, surface emotions are pointers and indicators of deeper currents. Emotions never lie, nor do they play by the rules of the analytical mind. Those who go to the fathomless depths of their spirit shall obtain harmonious understanding and be able to direct with a guiding hand the turbulent path of any emotion – in themselves or others.

Learn to listen to what is being said underneath the outer words and circumstance. Don't try to figure it out as an exercise of the analytical mind. Rather, apply intuitive sensitivity through a mind that does not need to make anybody wrong, right, or have an investment in seeing things in a particular way.



Slowing down into nature, you can discover that every atom, from its core, emanates literally from the pure force of Bliss! Truly, the universe is built upon emotion. You live in a sea of emotion. You have a body made of emotion, that is imprinted with emotion and can generate further emotions as needed. You move in environments of emotion, interact with emotional forces and have control over your emotions. All these emotions, whether subtle, gross, refined, hurtful, loving, still, blissful or detached, share a single common root, which is Love. Love gives you command over every emotion and is the evolution of every existence.

Emotion is Consciousness of Energy

Emotion = Energy in motion. Emotion creates energy, movement and the space of movement. Energy, emotion, and motion are inseparable. Energy has qualities of direction, quantity, potential, frequency, feeling and, depending on its source, self-intelligence. The conscious embodiment of your soul is a higher Emotional Presence. Purified emotion is the Awakened Soul qualifying the energy of creation through its enlightened Presence.

Being only concerned with what you personally gain from an interaction is ignorance of your True Self and its concerns. The only Truth is Oneness. The dynamic perfection of insight, wisdom and activity is always inherent in the pure awareness of Oneness. Everything and everyone eventually bows to the truth contained in the Oneness, either directly or upon realizing the return of their actions unto themselves. The movement of evolution patterned from the enlightened view of the Oneness, always, always, always succeeds. Think about it; if this was not the case, then it would not be a Oneness.[10]

[10] Constrained to social consciousness, the attention is so fixated on the ups and downs of life that what is good and elevated does not always appear victorious. However, when time is seen as the flow of that perfect activity called Life and is given its due course, sometimes over many millennia, then the Oneness and its enlightened radiation (the Ascended Masters) is always victorious in both the outer and the inner. Evolution directly concerns itself with overcoming our limitations in a masterful way of higher focus: thus, obtaining this mastery involves participation in at first struggle, and then victory!

In the world of relativity, truth is a measure of your trust in the reality of an experience. In all interactions, be concerned with staying connected to your subtle vibrant awareness, your *I AM Presence*. Through vibratory awareness, you gain sensitivity into the underlying motives and currents of any particular activity. Besides effectiveness and the activating principle you become, it instills an ecstatic peace within the heart. It gives you the clarity to understand that underlying every activity in the universe is the presence of its originators. Even the slightest drift of emotion, innocently wafting by on a passing breeze, has gained its source from an individual or individuals.

The Yogi learns to center within the feeling of their *I AM Presence* and evolves through that unlimited energy. This non-dual nature gives the consciousness to penetrate through the gates of all levels of creation. Established in inner silence, you need not be unfeeling, callous, devoid of emotion, or withdrawn. Centering in your Presence brings a peace within the midst of any situation, however intense, whereby you always knows yourself beyond the qualifications of the outer experience. This peace is the commitment of never forgetting who you are. It involves a real healing of all hurts, big and small, seen and hidden.

Being seduced by emotional pulls, while unaware or insensitive to what you are setting in motion through your thoughts, activities and feelings, binds you in ignorance. Emotion simultaneously moves energy in the body and, to some degree, everywhere else in the universe to which that emotion is connected. To penetrate the emotion is to see where the connections lie, being able to take command from a higher place.

In gaining this command, you must learn not to shut down in the face of painful feelings. Let's take an example: you bang your toe and it really smarts. Stopping instantly, you place your hand over your toe and pull yourself together, putting a healing serene state of energy in your toe until it replaces the pain altogether. You have quickly changed the state of energy from a constriction of pain into a normal flowing state of energy, thus removing any charge present. By keeping the flow of energy open, the toe will heal itself much more quickly than would be the case otherwise. I have done this and it works. While not always able to prevent bruising, healing will be much faster. Next is to see what message you were giving yourself by banging your toe, or to see where some energy in the universe was being released.

Once I was bitten by a poisonous centipede in the fleshy part of my hand between the first finger and thumb. I used this technique to keep the poison from spreading past my wrist through a feeling of prana containing and overcoming the poison. Within three minutes I was back to work as if nothing had happened. The same process can be used with all sorts of emotions, to allow yourself to step back and take a serene look at the situation, listen to what is being said to you by the universe and then bring forth a response.

As another example, I was stung the length of my body by a large Portuguese man-of-war jelly fish, which was excruciatingly painful. I could not get rid of the pain, yet while still in pain I was happy that it was occurring, for I knew it was a release of some deep karmas. Experiencing this pain was the movement of energy needed to open doorways of insight into a situation that I would not have otherwise easily noticed.

A few times I have experienced instant healing of myself or others through a deep realignment of the energy and emotions involved.

It is a great asset to be thankful for hardships and ease alike. This refinement of emotional response keeps the doorway of grace open in all circumstances. It allows the charge contained within karmas to be burned off without resistance or further complications. As the charge of emotional incompletion is released, you can see without distortion or blockage the true nature of the situation.

As you quicken and elevate your energy, it is natural that emotions will come up for release. What a wonderful blessing! Often, these incompletions from the past have waited a long time for the light to penetrate. You do not need to be concerned that somehow you will miss this opportunity. If you hike to the top of the hill, there is no way that you will not see what lies below you. If you wash a dirty garment in water, there is no way that the water will not become soiled. As you continue to quicken and deepen the flow of Light through your body, there is no way that you will not experience the washing away of old emotions within.

Trying to key out these feelings is like holding onto the dirt from washing your clothes. Creating additional unconscious drama around feelings brought forth is like throwing the shirt back into the dirt. Develop strong hands and masterfully wring the shirt out. Hang it to dry in the warmth of your inner beauty, which can recognize the Ever-Expanding Perfection in all situations. Your inner self is truly your best friend.

In learning to elevate the nature of your thoughts and emotions, you must take responsibility for the energetic results of your thoughts. In the higher experience of the body, emotion is bliss, form the emptiness of anything but consciousness. Bliss and emptiness united create an unlimited, carefree existence. The two sides of the coin literally twirl around each other, trading places until all concept of separation is forgotten. Thought and emotional substance are unified and connected as one movement of consciousness.

If you elevate your consciousness to detect and remain aware that the bliss underlying all form is the root basis of its existence, this will set you forever free in the world of form.

Radiant Feeling

Ultimately it is your I AM Presence which feels, says, notices and does everything. It is even your ability to recognize that you are what thinks. The world forever revolves around the unchanging central fact of beingness. When awareness becomes Radiant Awareness, then you are eternal, alive, free and happy for no reason at all.

Space and time are fabrics created by the soul in which to focus itself as an embodiment, move in thought and experience emotion. Feeling is the soul giving awareness. All the various senses, smell, sound, sight, taste and touch are a permutation of feeling. In your elevation, all the senses are united into a sense of wholeness, of Oneness, of the free flow of unlimited energy...Love. In this unification your senses not only report the world, they are a vital part of creating and modifying the world.

Movement is but a permutation of time and space, a movement of awareness. Feeling is the ability to be conscious of the specific qualities of energy and its movement.

Feeling serves to bring your soul essence into the specifics of its world. The world becomes alive with the feeling presence of the soul. At the root of every emotion is Love, the prime moving force of the universe. Every emotion is in some way a permutation of Love.

If you were to trace the most cruel events, the activity of the most heartless dictator, the deepest hurts in your heart, you would find that on some level, they were initiated through the space of Love. It is only a force

as great as Love that can allow the completion of all experience back into its source of Love. This experience brings peace and expansion. It removes the hidden charge of self-judgment, so that you can integrate and evolve all your experiences into the Christed state.

The Christed state is the Perfection inherent within your soul, manifesting as the Awakened Perfection of the embodiment.

The Christed state is finding your Oneness, your non-dual nature, discovering the simple wholeness of your essence awakening as creation. A creator cannot experience itself as a creator unless it becomes its creation. It is the tremendous compacting of the physical realm which provides the ideal temple in which to bring realization into focus, to hold that realization and to awaken to yourself as a creator. A creator of cause alone is deathless. Those who give never die. Those who cannot give die, mistaking their identity as all the things to which they hold.

The Gift of Awakened Love

It is almost universally agreed that to grow spiritually, one must serve the greater picture. Many equate service as a discipline, as a chore, as a gathering of karmic points, as a way of burning out karmic resistance. All this has some truth, yet it misses the greatest truth of what service is. **SERVICE IS SIMPLY AWAKENED LOVE.**

An awakened being cannot run away from service, no matter how hard they try. A person full of self-denial cannot serve, no matter how hard they try. The pull of compassion is beyond the intellect, it is the force of Love inside you expressing the One Being through You. First purify yourself; then, you will be of service through your own excellence finding expression via your natural disposition. Service is simply your providence, the fabric of your soul creation and your love creating movement through free expression.



Soul Emotion

Without the willingness to feel, you can never awaken to your Perfection. That which is awake, that which feels, is your Soul. Even in a semiconscious, toxic and confused existence, still it is the soul-driven spirit which penetrates through and feels. As long as you can feel anything within a certain environment, within your body, then your soul is to some degree incarnate in that experience.

Your Soul, as an individualization, **is the power of qualification.** Realizing this and using it without limit, is self-realization. Liberation is the full application of this realization into self-clarity, which results in the ability to feel the inherent God-given Perfection within your Soul and qualify your awareness as such.

Reflect on the clarity of simple heightened experiences, i.e., special timeless moments in nature, sharing with loved ones, or realizations dawning. This is the Light of the soul breaking through in clarity. Through meditation, you become familiar with this clarity and gain access to your Soul. It is not a big sign hitting you over the head. It is very subtle. You are the Soul all the time; from this there is no escape. It is taking the time to really discover yourself, bringing forth an elevated stance of yourself.

Indeed, it is an awakening to realize who you are and live in the perfection of that harmony. In this awakening, your soul is able to ground the flow of its higher light, its higher awareness, its higher existence, its Love, into physical awareness – your body, thoughts and world. As this happens, then physicality expands, awareness expands, you expand!

When the flow of higher emotion is blocked, negative emotion is experienced. When someone you love is hurt and you reactively lash back in anger, inwardly feeling hurt and distressed, you are no longer a creator of cause, of perfection, but an entity bound in effect.

When you want to obtain something through selfish manipulation of others, how can you experience the free flow of Love? What arena are you giving your Soul to feel itself? How can you develop a pure awareness within your eternally fulfilled radiance?

If you do not want to see what is in front of you, how can you experience the gift of Divine sight? Without addressing emotional blockages, spiritual growth is suppressed.

Negative emotion and the desire to hurt or manipulate come about through distortions of the one true reality – Oneness. Moving away from this Oneness for experience of the individual Self is necessary, in order to learn of your specific light. It is a long journey of the soul taking many millions of years. It creates a distortion in your awareness, whereby you see life as dualistic, with ups and downs, so that you may find your unique attributes and build a self-identity. This feeling of separation gives birth to events which eventually create disharmony. This disharmonious state puts a pressure on you, forcing you into areas in which you would not normally develop. Once you do this, you create ways of dealing with the world.

These ways in themselves may not be of the highest nature, but deep within them they have certain movements of your essence. Every thought must be evolved to its highest harmony. This is a law which cannot be sidestepped. You **will** return, more and more, into the Oneness.

In this evolvement, you bring out your individual soul-light. When this light becomes bright enough, you see that separation exists only as an idea. The pain, the limitations, even the memories of the scenarios that were played out, dim in importance.

When the necessary individual experience is gained so that a soul comes into its solar radiance, the longing of the Oneness takes over again. The soul remembers that its true fulfillment cannot come about until it shines its light with compassion in its entirety, which is realized in inseparable Oneness.

By understanding the larger picture, you are free of all self-judgment. You need this freedom to apply yourself with the confidence of omnipotent spirit, to master your movements, thoughts and emotions in harmony, in ecstasy, like a glorious musical orchestra. Start right where you presently stand.



Love Is All There Is

Love is all there is. When you seek it, want it, need it, then you are not yet "It." Thus "It" can be taken away and you can be "hurt." In the course of life, someone or something you love greatly may be hurt and you become angry. In judgment, you enter into denial.

All emotions such as anger, lust, hurt, frustration, impatience, jealousy, hate or conditional love, can only gain substance when you become disconnected from the supremacy of pure Love. Realizing and becoming the vibrancy of your love essence, this is the light of your soul manifest.

Love is the root of all movement. When you become the Love which forms the Ocean, all separative movement has ceased and all that remains is the Oneness, which is Love. Enter a dream and awaken in crystal clarity, echoing through its timeless nature. Own all of who you are, the Oneness of all your adventures, your essence weaving a thread of consciousness through it all, evolving you, humanity and the universe in its play of awakening.

In the Oneness, all activity, all movement, all appearance is still the Oneness. This miracle of movement being stillness and stillness being movement can only be experienced through awakening in the Oneness.

When you are the Love, there is joy in your movement and you experience bliss for no reason at all. **When you are happy for no reason at all, then you are liberated; not before.**

Becoming Love is the emotional fulfillment that forever frees us from the pull of unfulfilled emotions and returns us into the radiance of Love. It is becoming Love that is the final alchemy of the emotions.

The Moment of Love

In the feeling of Love, radiating, speaking, moving as a wisdom of the soul, nothing more need be said in that moment. Becoming conscious, the *moment* expands, radiating its Perfection to every associated energy, past, present and future, which is somehow connected, somehow associated, somehow a part of that moment. When you reach the level where your Love is a greater power and force than any other energy or reason which may present itself, then you are ready to expand that Love, to heal and make whole every experience your life brings.

The imprint of your past is a strong force shaping your disposition. The pure Light of your soul passes through these imprints stored in the bodily tissues, like a movie projector lamp passing through a piece of film to make a picture.

The combined imprint of all previous unresolved emotion is *karmic cellular memory*. Every activity which is not in alignment with your higher Light must in the course of time be evolved or dissolved. Not even an atom or a single thought escapes this reality of the Oneness.

Centering in the quickening power of your higher self, unresolved activity is brought forward *en masse* for the blessed opportunity to be transformed. The emotional charge contained within these activities is brought to stand before your awareness, which simultaneously transforms each strand, each experience, just like a wind blows all the leafs on a tree at once, or a washing machine washes many pieces of clothing at once. Activity that was motivated by the soul, yet got entangled in the outer personality, will be rekindled, purified and again set forth to fulfill that which never fails. A thought which has no positive purpose will simply be dissolved, evaporated, as its completion.

By recognizing the purity of higher emotion, such as excitement, joy, ease, eloquence, peace and vibrancy, you subtly refine yourself and clear away the constraining energy of karmic cellular memory. The following chapters will examine some of the undercurrents commonly associated with different emotions. Through the keen sense of wanting to remain in clarity, we will look at what energetic functions the various emotions serve.

"Until we are totally established in the essence of Oneness, beyond all duality, there will always be the inevitable conflict that arises through the illusion of other than the One." – Rishi Ananda[11]

Purification of the Inner Voice

It is most important that each listen to their inner voice. Of even greater importance is the ability to distinguish where it originates – left field, right field, or from your depth. What is inwardly heard, felt and seen can originate from many levels and views of your being, or from another being.

Purification of the inner voice is a vital part of spiritual self-responsibility. In fact, you can only hear the purity of your own inner guidance to the degree that you have released distortions that would color it otherwise.

[11] Rishi Ananda is a Himalayan Yogi who is not publicly known. He is often in the company of Mahavatar Babaji.



To the sincere person wanting growth this presents no problem, as long as you are able to distinguish what does not feel quite right.

Declaring, **"I AM the clarity, I AM the pure understanding of all I need to know,"** will bring forth that reality, **if you stay with it.** In the process of doing this, the hidden agendas will present their voice. Distortions will present their voice. Anything you have somehow accepted inside of you that is not of ultimate purity will also present its voice.

Hearing these voices and penetrating, penetrating, following the threads of their sound to their source is a grand way of revealing to yourself your own incompletions.

This is a most artful way of self-purification, provided that you honestly understand that nothing outside of you is responsible for your choices in life.

Purifying the inner voice begins as a yogic process, i.e., kriyas, pranayama, visualization, etc. It deepens and gains its strength from the power of your decrees, which you know is sustained from your Highest Presence. The ability to catch the threads and follow them to their source is gained by overcoming doubt and insecurity of your own ability and purity. It is also gained by firmly, like shining a diamond light up into infinity, first decreeing, *"I AM the clarity of all that I need to know."* Remember, before you ask within about anything, first command forth the space of clarity and governorship from your highest and truest essence, I AM.

Becoming conscious on rays other than your accustomed modality is part of purifying the inner voice and removing doubt. Until you are aware of all the rays, there will always be blind spots. Things happen to you of which you cannot see the source; you do not have a full counsel to consistently bring forth the most competent activity. This is how important a full development on all the rays is – a body which is missing nourishment on two or more rays, no matter how developed otherwise, cannot achieve a fully regenerating state.

People are always creating their own reality. When you have a known or hidden investment at maintaining a particular situation as the way it is, you will not be able to hear the limitations or distortions in the inner voice regarding that activity. It is only when you wholly feel your life as given to the outpouring of your higher self that you gain the necessary overview to do this work.

As I have said elsewhere in the book, the notion of a person being an "empty pipe," with blessings, words and energy flowing through from the most high outward to others or oneself, is nonsense and perpetuates blind spots. It is true that one can be a clean pipe. But the fact is, what people call emptiness in this regard is simple unconsciousness. The continual flowing Eternal Presence of your God-Self descends into and through your body. Along the way it is imprinted and requalified with all the subtle images that have any charge of incompletion. A person can be very clear in some areas, yet not so clear in other areas where work remains to be done.

The phenomenon of channeling looks the more spectacular when the immediate ego awareness steps out of the way and some voice or entity from above the head takes over (most often an aspect of their self). However, these voices from above are not necessarily of the ascended state. People have their likes and dislikes. A channel will, on some level, channel their likes, whether the content originates from themselves or another entity. Channeling fails to reveal the areas of dislike, such as shyness on one ray or a rebelliousness towards another ray, that must be overcome. Nor does the split created by channeling emphasize the degree of commitment, such as daily meditation and transformative practice, that gives the foundation in which to purify and expand yourself.

There is no instant magic pill. The inner work must be done, this constant application of anchoring to and calling upon your inner unlimited purity and intelligence to bring forth that purity in every area of your life is the Victory Eternal.

I have talked of Love as the root of every emotion. Understand that this Love is more than the human love of the heart, blind, mushy, or hiding ambition. It is the Divine Love that sources the heart, beyond the limited personality, including all ability, power, wisdom, vision and fulfillment, being Eternal Perfection itself.



Chapter Eight



EMOTIONAL QUALITIES

Emotions make us feel alive within our individual identity.

Emotions are generated in the process of integrating experience, letting us know our inner state of affairs.



Satvic, Rajistic and Tamasic Qualities

The following terminology, as given by the ancient science of Ayurveda, helps in communicating emotional and mental tendencies, as well as the energetic effects of various types of food, thought, vibration and activity.

SATVIC : is a peaceful balanced energy that is still, alert and meditative. A satvic disposition remains centered and awake without the need of external stimulation; at times it can appear outwardly passive. A satvic diet consists of small or moderate amounts of food that are nutritive, easy to digest and fresh. This may include foods such as fresh fruit, almonds, vegetables, sprouts and grains. Satvic activity, such as deep meditation and a peaceful lifestyle, rejuvenates body and mind. The root syllable "Sat" translates as "Truth."

RAJISTIC : is an active, more aggressive energy, akin to youthful enthusiasm. To successfully carry a rajistic attitude requires a degree of self-discipline, so as to contain yourself. It provides fuel for the inner transmutation into spiritual radiance and vitality. Excess rajistic activity (that which you cannot contain and transmute) causes the body to leak and deplete its energy, leading to a tamasic (weak) quality. Sports activity, plenty of "gusto," and spicy foods are an example of rajistic stimulation. "Raj" means "king."

TAMASIC : is stagnant energy that is deadening, confusing and has lost its aliveness. It is a product of inertia and is not desirable. Foods and experiences which, in moderation, produce satvic or rajistic states can, in excess, turn into a tamasic energy. For example, the right amount of sleep very refreshing and restful, but excess sleep produces lethargy and dullness. Eating over-cooked, rancid, or excess food, or eating meat, too much stress, excess loss of sexual juices, too much mental activity and toxic substances all produce tamasic activity.

The Binding of Emotions

Thought and energy together give substance. Thought and energy are not separate. The innate binding of the two is emotion. Thus emotions must bind, or else there would not be creation.

Limited thought creates limited emotion, which binds us to limited perception, vitality and experience. Higher thought which is brought into energetic manifestation through emotion brings experiential expansion, bliss and joy.

Emotion gives you feedback. This feedback can help guide your creative direction. Are you happy, fulfilled, content, growing, still, active, peaceful, agitated? You may not be aware of all the nuances of your existence, but at any time you can access your overall emotional state.

Emotions are moving, blending and integrative forces of nature. Every disharmonious thought has an emotional charge wanting completion. This charge acts as a force which continually recreates the thought, in one form or another, until its completion.

Evolution is a moving of energy into a greater harmony, held together by the evolvement of consciousness, that always predestines any advancement. Until you discover yourself as a harmonious maker of thought, you are forever bound in the electrical whirlwind of rogue thoughts awaiting completion. This completion can only occur in the spiritual awakening of their maker, who can redesign any thought at will.

In this self-realization, absolutely nothing is realized as having a greater power than your ability to face any situation. You do not give your power to outer circumstances – you are the power. You could be half dead in a trench, house about to go into foreclosure, the love of your life walks away and it begins to rain miles away from home…

Always remember the primal force of existence, Love. This is what gives birth to the impersonal, yet intelligent, physics of electrical charge, because it is love that holds this universe together. Pure Love is the emotion of Oneness. When a being is tranquil, complete, dissolved of all separate tendencies, this is described as Peace and nothing is said. When the Oneness is described as the pure and primal moving force of the universe, it is called Love, which holds it all together. When the Oneness is referred to in rapture, it is called Bliss. When consciousness awakens into the family of Light as

an active principle, the indescribable peaceful rapture of love fragrances that being forever.

In the language of higher emotion, Tranquillity is the mind which no longer exists in separation and is known as Shiva. Love is what holds everything together as itself, described as Krishna. Bliss is creation itself, referred to as Brahma.

Selfish and manipulative desires gain substance through the emotions they generate, which bind us. This limits clarity of perception and clouds movement in our Love of Love.

If you are to enjoy the freedom of Love you must understand how your thoughts generate various emotions, then gain mastery, no matter what the cost. This means that you develop the strength to catch the first precursory thoughts of disharmony and correct the situation – instantly. It also indicates your willingness to be vulnerable and enter into an uneasy emotional field, knowing that within you is a subtle power which never fails in bringing forth insight, clarity and light.

Is your overall approach to remain negative, neutral, or positive in your emotional response? What energies and therefore emotions do you draw to yourself? How flexible are you in being able to integrate new experiences? Can you discriminate the realities of which you wish to be a part?

Understanding the power of every thought, you begin the spiritual journey in earnest. Until a being gains the mastery to keep harmonious thoughts, thus balancing their bodymind, it is impossible to stabilize the grounding of the higher spiritual currents.

Suppressing Emotional Issues

We all become adept at being able to ignore or "key out" unwanted distractions and non-relevant information, so as to remain centered and on track. In our pursuits, we sometimes become so narrow-minded that large segments of life are keyed out, as if they did not exist, i.e., relationship patterns and uncomfortable issues. Ignoring these issues does not make them go away; they will continue to affect us under the surface, in ways that will eventually demand our attention.

When you have unpleasant emotions or images which will not go away, you can be guaranteed that there is unfinished business. This is nature's

way of telling, or sometimes demanding, you to give the time and energy necessary to bring completion or awakening in some area.

Discerning between your own images, emotions and issues and another person's projections is a meditative skill. This intuitive direction and self-cleansing power, when mastered through meditative clarity, will guide you towards a greater fulfillment in life.

The opening of the psychic centers, such as the navel, heart, throat and the third eye, make possible applied intuitive direction. Practicing a meditative discipline, such as the *Kriya of Five Sounds* and daily exercise,[12] in the right frame of mind will help cultivate such an opening. This is only half of the formula. If you do not actually apply yourself in life according to your inner sense of what is right, then what is the purpose of doing these disciplines?

In your meditative awareness, if you sense an image, an energy, something that is in your peripheral vision, or centered to one side of the body, then bring it straight before your mind's eye and look at it directly. If necessary, forcefully grab it and bring it to that place of clear seeing. This is the conscious, straight and clear way of interacting with an energy in your auric field. It also keeps your energy field aligned to a higher presence.

A narrow cone of attention is frequently developed in career pursuits, which leaves little time or energy for exploration of relationship and the timeless nature of your soul. While your soul honors all the intricacies of your kingdom, it knows that, without the pure sensitivity of inner attunement, it is all grist for the mill. Your soul will continually create opportunities to incorporate the neglected parts of yourself, as your soul always views the bigger picture. The skill is being able to see these opportunities in a positive light, rather than your world falling apart.

A narrow cone of pursuit is frequently used to key out issues that need to be dealt with. In this way, a covert operation is half-consciously manifested, in the hope that your problems will go away by themselves. Keying out experience with the power of the mental body or the confusion of emotionally generated turmoil, either way, is a mentally directed activity. The wisdom of the emotional body is not subservient to the mental body; it will continue to bring up the issues, time and time again, perhaps in a hundred ways, until they are dealt with. There is no way out but through.

[12] Kriya of Five Sounds (Sa-Ta-Na-Ma) is presented in chapter ten. Additional techniques are shown in the *Eternal Yoga Book*.

A person with strong mental development can easily cultivate a vertical meditative relationship with their concept of divinity in a way that ignores or does not feel the emotions of the body. Thus it becomes easy to key out awareness (and the avenue of intelligent choice) in regards to issues of potential emotional impact. This kind of meditation is a false detachment. What needs to be realized is that your feeling of divinity will not be lost by becoming vulnerable to the inevitable emotions. For remember, all the emotions that you feel, you create as a response to your experiences.

A soul who continues this limited relationship with their divinity will often bring sudden shocks and emotional pain, resulting from the accumulation of suppressed emotion. Furthermore, this distorted perception of divinity will facilitate distorted activities and therefore additional hardship. By continuing to fight these difficulties, their only redemptive blessing, the opportunity to break the shell of hidden fear, is lost.

On the other side of the coin, a person may become seduced into the "emotional *maya*" of life, forgetting the pure spiritual vastness of their soul whereby they enjoy the transcendent balance of higher emotion. Through higher emotion, the wheels of life are turned through the grace of the soul rather than by the whines and shouts of ignorance. Becoming lost in emotion and seduced in maya deadens you. For without the inwardly felt core of purity, any emotion is devoid of real substance and you starve for lack of inner nourishment.

This balance of vertical divinity and emotional embrace is achieved through a light, happy and free disposition. Meditation forms the foundation, relationship the balance. That is why Shantara Ma and myself are practitioners, teachers and counselors of both kriya practice and relationship. Because we value the Oneness above all else, we can effortlessly blend the many aspects of the path.

To a practitioner of kriya (meditative disciplines), there comes an intimate looking to the Divine "above" as the rock by which the delicate balance of happiness is held and as the omnipotent source of happiness itself, to which some refer as God. Life becomes a pursuit of that all-powerful God, with experiences to keep you going along the way. This vertical vibrancy brings a level of fulfillment. It is the desire of many to stay in this relationship, just as it is.

Yet it is precisely at this point that the power of dynamic yogic techniques, the penetrating wisdom of a spiritual teacher, the challenges of intimate relationship and the persistent nudge of the Divine Mother can open you to a greater expansion of Life as God. What is not seen by looking above is perhaps better viewed by opening your eyes to what lies in front of you. In other words – courageously embrace form, movement, activity, dynamic existence with the skill birthed in the eloquence of your silent ascent.

The key is your willingness to participate, to serve, to grow and to become all of who you are. That means always recognizing that there is more. The word "more" is secretly adjoined to the word "surrender." To recognize there is more requires your surrender into the freedom of movement. If you wish to grow, this surrender never stops, finding fulfillment only in the continual surrender into what you already are – the Oneness. Nothing else can ever fulfill you so totally.

To be present and alert, you must have a physical sustained presence supported through a circulation of vital and subtle energy in the body. This requires a decision to be here, on this earth plane, in participation with life.

Wisdom is the balance of emotions into higher emotion. Wisdom comes from Love, the primal emotion, incarnating purely as form. You can never balance the emotions until you feel them. To be fully present, to feel, you have to be vulnerable and empowered at the same time.

It is my observation that the vast majority of people are only twenty percent in their bodies. They are not even aware of this. To maintain your spiritual identity in the body, let go of the need to continually engage the mind in trivial affairs. You must be able to hold yourself and cultivate lifeforce instead of leaking it everywhere. Overcome the desire to trade self-identity for a social identity. Without the spiritual fire, there is no presence of note.

Emotional Impact in the Body

Energy in motion brings emotion. Emotion is registered in the body. When you are empowered and at ease, then emotion is generated and released quickly. You do not hold onto anything. Positive emotion reflects and stimulates our innate, already existing happiness. Negative emotion is registered and quickly processed for any blessing content.

In fact the registration and impact of negative emotion can be of great value in moving us towards becoming conscious. Upon the spiritual path, *blessed* are those who *feel* hurt, for they have the opportunity to get in *touch* with the source of their hurt and *release* it forever.

As long as an unenlightened thought remains hidden in the body, it colors your emotions and can do so indefinitely, particularly when stimulated through similar thoughts and situations. Such a thought can only be released or completed by consciously reentering it and elevating or dissolving the thought. **Every thought is a living potential.**

The situation is compounded by the fact that your hidden thoughts will masquerade through other people's thoughts you are receiving. When you cannot discern between another's thought and your own, it usually indicates you are harboring similar thoughts inside or have some blind area which needs examining.

Once a troublesome thought–energy–emotion is released, it can take time for the body to release the accumulated vortex of activity and associated thoughts that have formed around it. If you are not committed to your new change, your new realization and your new direction, this vortex will recreate your old thoughts and patterns.

Solar Plexus

The solar plexus is a seat of emotion. When you have a persistent feeling in your solar plexus, which does not go away just by talking about it, blaming others, or sending love to others, then it is time to realize that there is a core realization in that emotion which will reveal some underlying truth.

This realization requires a shift in awareness and attitude towards the knowledge that you create your own reality. No matter what the external circumstance, or perceived innocence, on some level you have created this occurrence or else you would not be in the field of its occurrence. When you own it, then you take back the power to do something about it. Inquire why you have created your reality in a particular way. It takes a lot of courage, but if you want to step off the wheel of hapless suffering and unconscious interaction (karma) and come into a free and happy reality, you must take this self-responsibility.

If there is a strong issue or quality that you choose not to see, at some point all that hidden energy may hit you in the guts. If there is a strong fear attached, a judgment, it can turn your stomach into knots, shutting you down through the power of fear, anger, or reaction. The only way out is by becoming conscious of the core issue.

This requires a willingness, sometimes the patience, to allow a new perspective, a new angle to occur which holds the key. Your head will not tell you if it is the right one, your emotions will. In examining such issues, if you wish to empower yourself, leave out all instance of blame or external cause. Then you can do something about it, not before.

This includes subtle ways of blaming, such as, "I created sickness in my body because of the terrible things someone else did to me." You may decide not to feel sick any more because of ____, but until you actually see how you made or allowed yourself to be sick, there is nothing to keep the same situation from recurring in another circumstance.

Understanding your own subtle inclinations and how they have served you up to the present makes it easier to forgive yourself (ever-expanding perfection) and others (love). Letting go of the need to bind your attention to a mode of difficulty, you create both harmony and the solution simultaneously. You become that on which you meditate.

Become clear through actively compelling forth the perfection of that which is always strong inside of you, your God Self. Your higher self is all the wisdom ever needed to deal with every situation. Call it forth through your sincerity, your love, your courage and your direct focus of attention. It must be firm, persistent and aligned, because wisdom manifest is the penetration of this presence into your world.

In the face of any heightened or challenging scenario, your emotions give feedback to your response. They are a synthesis of your initial registration and absorption of the situation, your strength of equilibrium and any emotional responses triggered forth in you.

Underlying all these various emotions, there will always be related thoughts. If you have developed an inner strength to keep your equilibrium and can see how the thoughts connect with the underlying emotions present, then you can take command and bring forth a harmony.

There is a saying, "Never argue with a drunk." Part of taking command of an energy field is bringing forth the sobering clarity of light first, then speaking. The sobering clarity of light is an inner softness, an inner penetration and an inwardly applied projection or outpouring of the feeling of Oneness as the governing Presence. Let this Light work, keeping your silence until the outer reflects the willingness to proceed in the decorum set by the Light, which all can sense.

To take command of such a play, you must sit in the control tower and be able to register, to watch and to intuitively issue forth the best response when needed. It takes grit to hold the reins.

Understand that all energy is self-intelligent. Once brought forth through the qualification of thought, energy always finds out how to fit into the overall environment. Like the countless branches of a tree, each of which knows exactly in what shape and angle to grow, energy conforms itself to the sum total of qualifications in its environment. No one feels emotions in you but *yourself*. Even if you are sympathetically feeling someone else's emotional state, even if that person is actively trying to make you feel emotional, still it is your response to do so. It is your intelligence which must take command by recognizing yourself as the source of emotion (that which feels) and respond by re-qualifying the fabric of your world in clarity.

Heart Ache

When you feel hurt, whether that hurt be from the heartache of a lost love, a fight with a person you love, or the pain of losing something into which you have put a lot of energy, you are presented with an opportunity for growth. In this opportunity you may, by association, clear not only this hurt, but a whole assemblage of past emotional hurts.

Your heart is a place where you recognize Oneness. From the heart you can hold yourself in a synthesis of emotion, i.e., the combined qualities of strength from the navel, purity of heart, insight from the third eye and the overall Love and expanse of your soul. Any time you move away from this blending function of the heart, you are no longer at home in its true nature. Your heart muscle itself aches for the spirit to return to its kingly palace. Separation is painful, but it is not even real, except within your belief.

This is not to say that you no longer become vulnerable and open to attachment and identification with fellow energies in the sea of the One. It is to say that if you cannot remember your identity with the sea of Oneness, where heartache does not exist, then a continuing heartache is an indication that you must go within and repair this relationship with your greater identity.

In your return to the Oneness and in the desire to return, attachment and detachment, as value judgments, are only empty words. This is true of all values characterized in separation. Attachment and detachment become the movement of the Mother, the providence of the soul, the activity of bliss, the completion of separate experience, the joy of love, the freedom of bliss, the binding of compassion, the expression of your light, the necessity of what is, the transcendence of limitation, the creator in action...

After its initial pain, heartache gives a period of detachment. If you can cultivate this plateau into a true detachment, which is the freedom of your higher self to act in its wisdom unobstructed, then it will allow you to see the situation beyond the pulls of lower emotion and identify yourself in a light of equanimity. From here, if you can feel the inherent joy and ecstasy of your light, you emerge with bright eyes and a warm heart matured by experience. You plunge again into the sea of life, strong and vulnerable, as conscious creator. The heart loves joy, it loves the feeling of space, it loves light and happy expressions, because these reflect its natural joy.

To help relieve physical stress from the heart, exercise. If you have physical problems with the heart, start with only a few minutes at a time. Meditate frequently, walk daily (especially in nature), eat light and healthy foods that are easy to digest. See a naturopath who may help with massage and a routine to aid the physical heart. Remember, the heart loves a happy expression. That is how to heal a broken heart. Become Radiant in your own Light. Meditate and apply yourself. Stay away from negativity such as continual television, violent movies, gossip and draining company. Bring meaning to your life through meaningful relationships, meaningful occupation, etc. Learn, Listen, Love, Light, Laugh.

Headache

While the cause of headaches are many, they usually come from:

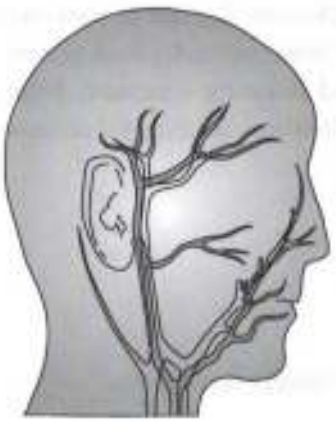
- Processing more than you are capable of processing, overload.
- Suppression of feelings. Getting stuck in the head. Holding onto emotions, living in the past, not letting go, trying to figure it all out.
- Toxic buildup in the body.
- Poor circulation of blood and lifeforce. Not being in touch with the body, lack of polarization in the body. Lack of sleep. Continual loss of sexual juices.
- Being cut off from the energy of the earth, through living in artificial environments and constant company of loud and insensitive people.

To relieve headaches, first release any constriction and toxic condition. A good way to begin this is by drinking lots of clean water. Eat lightly and consume healthy, vital foods.

Get into a whole body feeling. Take a cold shower (great). Exercise, breathe, feel yourself at the navel. Move. Do not speak. Relax the back of the head and imagine a free feeling emanating from there, filling the space around for several feet with its light.

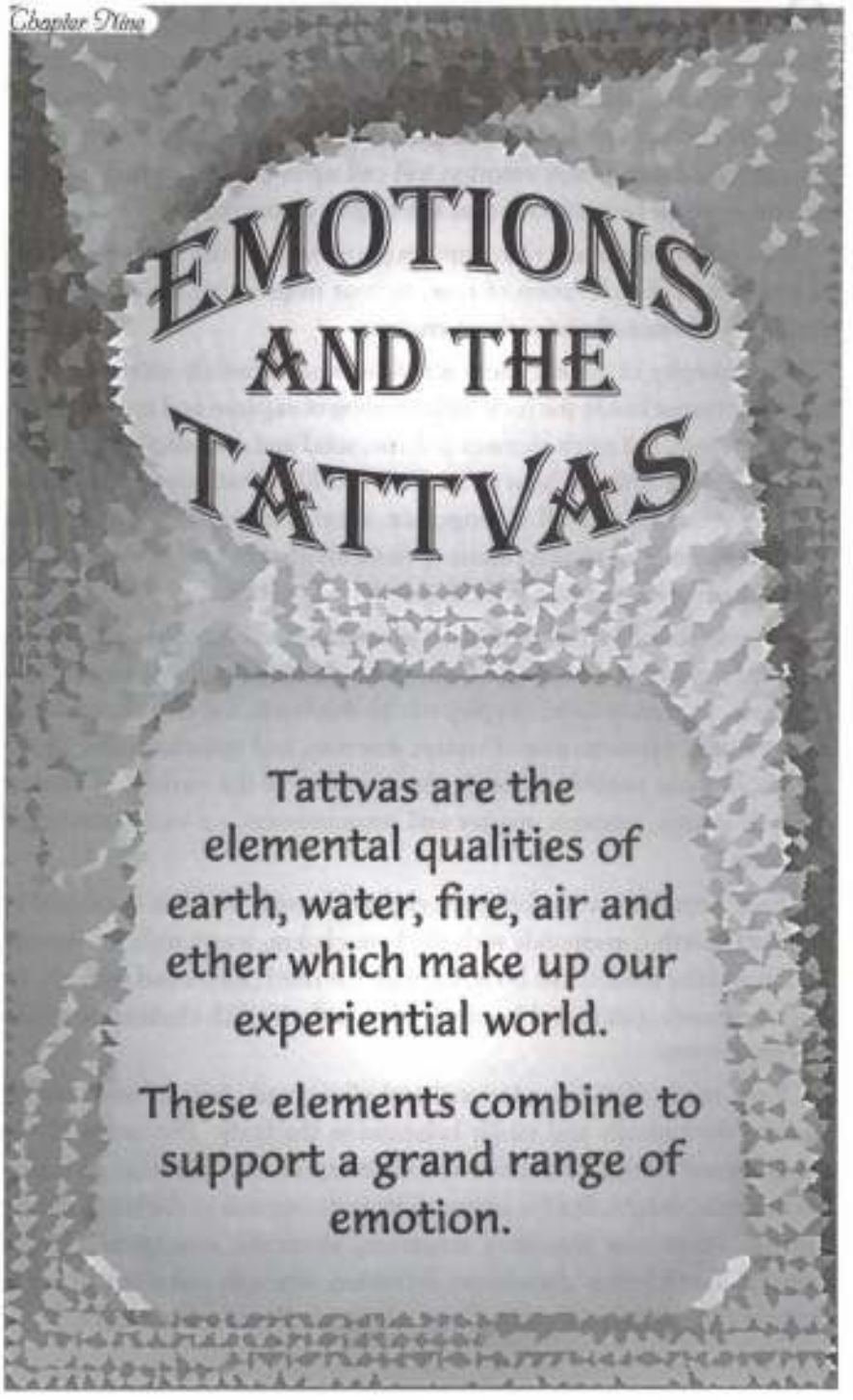
Finally, rest, slow down, give yourself time to take it all in, remaining at peace.

Pressing the *Ho-Ku* point located in the fleshy part between the thumb and the index finger, using firm pressure, helps relieve headaches.



Sometimes, a practitioner may temporarily experience headaches as various channels are being opened in the head, so as to handle a greater flow of energy into the body. Rest in a meditative way, work with soft energy, keep your spirits up, remain conscious – and be willing to see.

A good way to keep a headache is to maintain resistance.


Chapter Nine
EMOTIONS AND THE TATTVAS
Tattvas are the elemental qualities of earth, water, fire, air and ether which make up our experiential world.
These elements combine to support a grand range of emotion.

Emotion can be delicate, removed, floating, sublime, fiery, penetrating, passionate, flowing, solid, a seemingly endless repertoire coming into exactness, in any given moment, through your unique mix and qualification of elemental energy. The body understands this science of how to give emotion substance; i.e., a fiery emotion will call upon the organs and internal structures which best embody that fire to give it supportive prana.

Emotional refinement thus requires purification of the various elemental pranas and the elevation of how, in your response to life, you further qualify the characteristics of those energies.

As examples of qualification: a rock is most definitely solid, yet some people can sense inside the rock with a feeling of expanse and translucency. For one person, the earth element is dense, solid and unchanging, while for another it is the ability of light to become solid-like. One person may qualify anger to be hurtful and full of vengeance, another may qualify it as simply a way to move energy, with no desire to harm another behind it. An emotion can be qualified as fleeting, or held onto for a long time.

When talking of the tattvas, or elements, some people confuse this with the western terminology of elements as atomic building blocks, like hydrogen, copper, carbon, oxygen, etc. In this book, the elements refer to energy states, permutations of matter, emotion, and consciousness. Physical life is made possible through the interplay of the various elemental states of energy, emotion, matter and consciousness – a vast spectrum of harmony.

Each tattva has a predominant chakra through which it is focused in the body. Earth corresponds with the base chakra, water with the second chakra and the fluids of the body, fire with the third chakra and warmth, air with the fourth chakra and freedom, ether with the fifth chakra and vibratory expression.

Each tattva also has emotional and vibrational characteristics which must be dynamically and vitally balanced in the body. The tattva of *fire* brings mental clarity, confidence and clear expression. *Water* brings sensuous response, delight, flexible connectivity and compassion. *Air* brings dance, lightness, ever new impulsive sensation, aloofness, wonder and nerve strength. *Earth* brings abundance, definition, strength and a strong body. *Ether* brings purity, pride, experience, eloquent silence and thought.

As life-force circulates through the body it both nourishes and in return is charged by each of the elemental qualities. Becoming stuck in one expression, such as being too dense or too airy, will manifest that imbalance in body, mind and health. A healthy participation in life, movement, balance and honest self-examination in the light of meditative practice is the dynamic response that your spirit needs in order to manifest itself here and now.

When you are not in harmony with the earth, the body becomes inherently weak, because it cannot resonate with the subtle nourishment emanating constantly from the earth. The strength being referred to here is not limited to the strength of lifting weights. It is the strength of purity, of inner purpose, the inner radiance, the strength of the body as a temple. Outwardly, this inner source of strength can be mocked for a number of years, yet in the end

Tattvas

Earth	The most dense state. Gives definition. Light in form. Smell, taste.
Water	Fluid, emotional state of nature. Creative joy and transmutation. Gives flexibility and feeling.
Fire	Warmth, purifying, quickening, intelligent, upward movement. Gives energy and alertness. Hearing, seeing.
Air	Expansive, vastness, free, less bound state. Feeling, light, magnetic space. Keeps everything the right distance from each other in the body and keeps internal pressure. Gives movement.
Ether	The space of existence comprised of the subtle fabric of higher thought. Gives subtlety, space, and transcendence of gross existence. The causal fabric of the higher mind creates ethereal space, qualifies the nature of that space (as to what can exist upon it), and gives the formula upon which an image is clothed through elemental expression.

its neglect catches you like rust catches a worn out car which has not been cared for, no matter how powerful its motor once was.

Alignment with Mother Earth is living your soul reason for being here, for that is the image in which she supports you. Without this, your physical vehicle is torn between the forces of nature and the forces of egotistical will. Until you make your peace with the earth, this body of elements can never be in balance. Surrendering to the deep peace of your existence, as carried within the earth of your body and the earth of our collective light, ends the struggle of separation and brings forth that light within your body.

If you are not expressing your truth, or living your dream, how can you ground these soul currents into the body? If you live a shallow life, caught up solely in selfish concerns and outer sensory gratification, can you see how this is ignorance of the vast scope and Oneness of the soul? How can the soul align fully to this limited incarnation of itself? Can you say that a job half done is the best example of your work? It is my direct experience that very few on this planet are more than marginally incarnate. Yet in ignorance there is seldom even that awareness. The soul has such power that upon its full alignment into the body, it can nourish its every need – literally.

When you walk over the earth instead of with it, when you ignore the spiritual needs of the body for sensuous indulgence, when you mock the efforts of others who are also part of the same earth as you – how can you draw subtle nourishment from the earth Mother?

It is Mother Earth's Love, as a living being, which allows so many expressions on this planet their experience. There is a great secret to be learned here – *the Earth Mother is not separate from our own activity.* What is done rudely and without sensitivity casts pollution upon sacred ground. It is literally remembered *within* the ground it was cast upon, magnetically recreated into our life by Light originating deep within the earth shining through that memory, like a movie film cast upon a screen.

By healing yourself, you simultaneously heal your images within the earth and can then freely receive the higher light which shines from within it. This is true for individual and collective issues.

In conflict with yourself, you disturb your elemental balance through:

- over stimulation (excess).
- suppression (conscious or unconscious purposeful ignorance).
- depression (lack).
- not cultivating meditative sensitivity (looking to outer circumstances for the way of balance, rather than the already perfectly balanced inner radiance).



Masters of Limitation

In the course of life each of us, to some degree, finds our individual radiance. This, however, does not necessarily indicate our awakening within the Oneness. A person with this limitation can only go so far in their spiritual pursuit, because this awareness brings understanding and grace that cannot be achieved by individual effort alone.

Awakening to all the various rays of soul personality brings practical awareness that all these aspects are actually facets of your Oneness. Filled out in the Oneness of your own multi-faceted existence, the rays naturally bring awareness of your Oneness with all of life.

When a person has resistance to finding themselves beyond certain frameworks, it is in effect a fear, denial, or ignorance of their Oneness. Yet the part of themselves that is their purity will still want to move forward. The part that is resisting will often try to sabotage this by reinforcing the existing framework. For example; a yogi who has developed a power of transmutation will feed themselves physical or mental toxins, such as coffee, alcohol, junk food, struggle and self created difficulties. This yogi will then practice their power of transmutation to clear themselves of these effects and in the process of doing so, will not "have to" offer their deeper patterns of limitation to the fire of their practice, thus maintaining their accustomed

level of existence. As another example; a person who feels comfortable in control will create further situations of control.

And so a greater and greater lopsided development is created, possibly leading into paths of ignorance, fanaticism, delusion, personal aggrandizement, manipulation and even black magic. All this takes root in the fear that, upon surrendering, he or she will lose what they have so long worked for, even their subtle way of staying awake.

To be able to receive the cosmic nourishment that originates from your higher Presence requires a death of the outer personality as being in charge. Otherwise, this subtle nourishment evaporates before it even registers upon the physical consciousness, consumed in scenarios as stated above.

No experience is ever lost upon the soul, for through it we gain wisdom. Becoming conscious of your I AM Presence as the active principle in your life gives a deeper intuitive understanding of your creative manifestation. From this perspective you can see the deeper wisdom that creatively sculpts pathways through the maze of possible experience into the specifics of existence, all uniquely woven together, to expand your awareness as the Ever-Expanding Perfection.

Condemning judgment is lost forever through opening the door to the higher wisdom which brings Love to every situation. **The ability to freely bring Love clothed in the light of wisdom to every situation is the mark of an enlightened being.** Whenever you have created imbalance, there is a reason why, from which you can learn to propel yourself forward in the infinite vastness of is-ness.

When you think of the earth, think not just of its beautiful flowers and spacious skies, or its gemstones, or the problems that have been created upon her. Think of the light which created it and you can touch upon the glory of your soul. Everyone wants to identify with powerful people, powerful images, successful endeavors. When you find the magnitude of your soul, you will never want to identify with the limited possibilities of separative existence again, thinking that you are that one little minuscule personality. To glimpse this, you need the peace and vastness felt within the sanctums of your own heart. How can you feel this if you constantly fill your awareness with disruptive thought, activity and entrapment in the outer?

As you do the inner work, to the degree that the purity of your soul can directly and fully embrace you, then never again will you feel that the outer

self owns your soul, owns your body and owns the space in which you walk. You are the very space of existence itself. The Self which you are, of the Oneness, creates an embodiment and makes itself available to it, so that it can be crowned with Christhood and further enjoy its boundless existence.

The circumstances of life are magnetically drawn or repelled to you in response to your thoughts and the recorded imprints of your actions. You are always free to grow, to respond in Love, to change the nature of your thoughts, the images of your activity and the choice to illumine your life with spirit.

The outer self cannot claim to be the source of life, although many may like to think so. The source of all that, your greater Self, is experienced through purity, grasped through surrender, communed with through intimacy and radiated through becoming. Simplify your life through embracing, purifying, uplifting, practicing and cultivating the free response to love, as embodied in happy wisdom.

A Yogi in time learns how to generate the inner nectars – such sweetness and … Yet it is at this point that many yogis progress no further. We can learn to generate the nectars from personal will and it becomes a karma, thinking that we can only enjoy these nectars through the applied will of our individual determination. Allow the nectars to flow from providence, from the passion of the Oneness, from the enlightened activity of the soul itself.[13] This is surrender, this is trust in the Divine. This does not mean that you abandon meditation upon the nectars. It means that you surrender to the source of those nectars, to all life – the Oneness. Oh, how great it is to be happy for no reason at all, to experience the blessing of the Mother just because of the existence of Love itself!

Earlier I made the statement, "Love is the root of all emotion." Let us look at some of the permutations of this grand emotion of the Oneness, radiating itself through the agency of the Tattvas.

[13] The tangibly felt descent of the Soul Presence from above into the body.

This in no way means to imply that the yogi should cease meditation on opening the source of these nectars. Rather it suggests to go further, to use the effort of "I" to call forth the effortless window whereby the "I" becomes the doorway into our Oneness – our self-radiant presence opening itself in all aspects of our being.



The Energy Behind Various Emotions

The flow of life, more often than not, conforms itself to avenues created by pivotal thoughts, such as key choices, strategies, judgments and attitudes. Your life-force, being of its own accord self-intelligent, will want to bring balance through its correct distribution. However, the force of your thoughts when out of balance will qualify it otherwise. This is the power of your free choice. The law is exact and ignorance is no strength.

All imbalance of the body temple is anchored through thoughts which are out of integrity with how you would express yourself from an enlightened perspective. Every pivotal thought or strategy is consciously, though not always verbally, created. Examples of pivotal thoughts follow: to shut down, to hide, to not open yourself to love because of past hurt, to be the best no matter what, to grow, to make a priority, to decide what you really want, to commit, to watch and see, to act, etc.

The emotion, attention, image, or sense of finality which you give to a thought creates a vortex of lifeforce giving it substance, empowering it to act as a force in your life. This force frequently takes the form of habits, either constructive or destructive in nature. **When you consciously birth your habits for positive purposes, you are wisely using the power of thought to create heaven on earth.**

Through the sheer force of positive habits, you can avoid much unnecessary suffering. Negative habits also have a force, requiring a greater force to overcome them. The unconscious approach is to use drama to create the intensity of force necessary for change. More graceful ways include developing conviction through introspection, consuming the old patterns in a visualization of your light from above, such as in a violet flame, and practicing yogic techniques to generate enough internal voltage to overcome limited habits.

Confidence in a new approach needs the activation of prana flowing through the subtle channels that supports that posture. This comes through practicing the new posture, visualizing what it feels like. For example, it is much easier to be courageous when the kidney channel is full of energy. It is easier to speak when prana fills your throat center and the other channels connected to the subject about which you speak.

An emotional charge always contains electrical charge. Charge creates the need to resolve itself, attracting a number of possible solutions. It is up to your discriminating wisdom to move in the best direction. That means identifying the different energies that have an investment at keeping things the way they are, then taking command of your life and moving forward.

Releasing the charge of unresolved energy through self-destructive behavior creates further difficulties needing to be resolved, thus additional charge. This is neurotic behavior. Neurotic behavior perpetuates itself through habitual unconscious interaction.

It is also true that emotions such as anger can be part of a healthy expression and a way of moving stagnant energy. In this case, the charge is created and released in the same instant as part of a conscious expression, transformation, or transition. Remember that a living balance is not static. It is a dynamic interchange of energy overseen by the wisdom of the soul.

Balanced emotional expression brings lightness, variety, fulfillment and inspiration. It uplifts people. A healthy, happy expression of emotion at any moment brings forth its parent, Love, which is the ecstasy of our conscious existence. The power of a smile, the innocence of a child, the beauty of life, the inner glory, the strength of integrity – are these not the free and spontaneous existence of the happy soul?

Following are various essays on emotions such as anger, fear, jealousy and their resultant imbalance of the Tattvas. Included are suggestions to reassert an uplifting balance, including references to *Eternal Yoga, the Applied Science of Ascension*, also referred to as the companion yoga book. A body in balance is felt as whole, generating higher emotional experience, equilibrium and connectivity.



ELEMENTAL QUALITIES

ELEMENT	EMOTIONS	BODILY EFFECT
ETHER	Humility Pride Expansion Radiance Transcendence Bliss	Thoughts Hair Subtle Nectars Inner Space
AIR	Expression Blending Depression Love Freedom Allowing	Nerves Movement Internal Pressure Lightness Spatial distance
FIRE	Clarity Anger Vitality Penetrating Purifying Creative	Shakti Warmth
WATER	Transmutation Cleansing Sensuous Flowing Fear Lustful Creative	Fluids Circulation Creative - Generation Sexual
EARTH	Supported Strong Abundance Rooting	Strength Bones Muscles

WARRIORS NEVER WORRY!

Anger (Fire)

Anger is most often used as part of an emotional defense to protect a fragile or vulnerable part of our psyche. Anger is also used to railroad an issue, regardless of others' views. It comes forth when a lack of deep trust exists within one's being, so that what needs to happen or be expressed can occur in a more graceful way.

Anger is a great medium to move stuck energy. This is its fire, anger is but one of its flames. Fire also gives us greater intelligence, quickness and, properly channeled, radiance.

When anger is used to call upon, generate or vent the fire element, we have truly forgotten ourselves. Through the sadhana of becoming conscious, which includes meditation, self control and emotional healing, you learn to seat your fire deep, deep inside where it is fed by spirit; thus it is strong, even and directed wisely. It is not dependent upon outer drama to feed its flames. When brought to such a deep place, it literally lights up the inner spaces of your journey, supporting your inner wakefulness. When you need to call on it to enforce for outer use, you are able to quickly bring it back in balance.

An example of deficiency would be a man who weakens himself through excessive promiscuity, then creates arguments and dramas to regenerate the spent energy in his body, or withdraws from his outer responsibilities because of a lack of lifeforce. Likewise, a woman who is insecure in herself is always externalizing her fire.

Fire is necessary for a happy, vital expression. Fire is Spirit Alive – that is, Spirit alive in You. It warms you, quickens awareness, shouts your existence and clears out cobwebs. When out of control, it also destroys.

Over stimulation of the fire element results from emotional manipulation of others, constant projection of individual will, excess of irritating food and a buildup of energy from not knowing how to channel it. Usually there is a cycle between excess and lack, both reflecting the absence of a deep internal spiritual calmness governing the body and emotions.

When the fire element becomes strongly internalized and nurtured deep inside the body, the insides are truly replenished and vitalized; this radiance begins to come out in greater and greater strength. This nurturing comes from internal cleanliness, purity, integrity, purpose and taking care of yourself.

In the process of this internalization, the aspirant may at first become sleepy, or passive, but this is only a temporary result, later to be replaced with incredible wakefulness.

The increased fire in a woman who engages in dynamic exercise and yogic disciplines can make her stroppy. So many women have suppressed expression of their emotions, views and ideas that when they feel the empowerment of the exercises, they let loose their ideas. This is a necessary balancing, as long as the need of expression does not run away from what you know is intuitively right. A woman's ability to move energy through emotion is one of her greatest strengths.

Many men do not know how to handle a woman who cannot be controlled; this is the man's issue. **When a man does not have to control a woman, then she will naturally surrender to him.** It is stupid for a woman to surrender to an ego. Yet it is also stupid for a woman to constantly confront a man's ego. She has many more avenues of non-directive and suggestive communication to achieve the desired end. Women have the power to create change if they first empower themselves in their own femininity – which is the space of Oneness.

Without fire, a man's ego is weak. Without a strong ego, where is his light? Without a strong ego there is nothing to surrender. It is a matter of channeling the ego as a servant to the inner sense of Self, the I AM Presence. A woman has the power to create change because she inwardly understands the silent art of channeling the ego. A woman's ability to channel and make the ego flow is like water. Fire and water together regulate each other. If she is pure, the man respects this (unless he is blinded by his own ambition). If she is just playing games for her own selfish ends, she is acting the part of a witch (in its negative connotation). Harsh words, yet these scenarios have been playing long enough on this planet.



There is no book of rules. Only by becoming conscious and artfully blended in our masculine and feminine expression, while abiding in the attitude that life is not full of enemies and friends but is the whole world trying to come together, can we achieve success and happiness with a strong fiery expression.

Some suggestions to strengthen and balance the Fire element:

- Do exercises that make you sweat. Lots of dynamic yoga and breathing. Include exercises where you twist the torso. Pranayama in general, particularly Breath of Fire, holding the breath in, open mouth breaths such as panting and Sitali Pranayam.
- Cold showers are wonderful for strengthening your fire and water. Rub yourself all over wherever the cold water hits your skin.
- Eat a clean diet including cooked foods and green foods. Avoid foods heavy on the liver, such as refined oils, frozen foods and fried foods. Fresh squeezed grapefruit juice with several tablespoons of high quality olive oil on an empty stomach, followed by deep breathing and stretching, is excellent for the gallbladder and liver (one or two times a week for eight weeks).
- Walk and spend time in nature. Enjoy quiet activity and a harmonious life-style.
- When detoxifying or living in polluted environments, it helps some to temporarily supplement the diet with cayenne pepper and chilies. This increases the digestive fire and cleanses the blood. However if a dependency on these fire foods develops, their irritating side effects and constant replacement of the body's own digestive fire actually weaken the digestive fire. Quality ginseng and tonic herbs are better in the long term, as they nourish the body in a much deeper way. Persons with high stress levels who are literally eating out the inside of their stomachs can gain real change only through taking a good honest look at their lifestyle, combined with a healthy diet – abstaining from alcohol, etc.
- Swimming, healthy relaxed expression, loving yourself, a good night's sleep and releasing any deep emotional feeling of having to carry it all helps greatly. Remember, *warriors never worry!* Dynamic yogic practices gives the ability to put this maxim into reality. Develop a strong internal fire through years of steady practice of pranayam and vital exercises, cold showers and self-control, so as not to burn yourself out.
- Visualize a deep emerald green, particularly in your liver. Meditate upon harmony.
- Surrender outer ambition to the inner wisdom.

Fear (Water and Earth)

Fear is a lack of Self-identity beyond form. Fear of what can be taken away, done to you, or the unknown creates an unwillingness to go any further. Not knowing yourself beyond form means that your very identity is subject to forces that you, in essence, would otherwise be beyond. Fear blocks your life-force, sometimes from its very root.

Fear can serve you by telling you that something is wrong, to grab your attention, to keep you alert, to look at and see what is not right and act appropriately. Any time fear stays for more than a brief interlude, it stifles you. It stays when you do not look at it face to face for various reasons, such as social pressure to perform a certain way, an overriding of your personal will by another, not wanting to see aspects of yourself, not wanting to change, not thinking you are strong enough and not knowing that everything is, in a higher and truer sense, about love and that you are part of this love.

Fear is an emotion expressed primarily through the water and earth elements in the body. As fear and the associated water element are closely connected to the emotional chord, it can be very strong in its power to affect us beyond the confines of logic.

Face and overcome your fears, including the fear of letting go of emotional investment and entering the unknown. Become strong in your forward drive, at the same time remembering you are eternity. From your soul perspective, nothing can be taken away or added, it is only a remembering and forgetting of true nature.

Nothing eradicates fear like a positive experience, which shows that the emotion of fear is no longer necessary. This is why we must experience ourselves as eternal consciousness itself, forever conquering the fear of death or loss. We can then create anything by simply remembering it, from the realm of spirit, as so.

From this new perspective, death becomes only a timing and choice, the letting go of one experience for another so that we may enter our next step. A positive decree to overcome fear is, **"I Love the Ecstasy of mySelf."**



<u>To overcome fear and strengthen the water element:</u>

- Nothing replaces Deep Long Meditation.

- Apply *mhula bhanda* (see chapter six). Strengthen the first chakra. Purify and fill out the kidneys with energy; martial art stances are excellent for this.
- Breathe throughout the body, filling it with light. Do pranayama holding the breath out; the pranayam "On Sight to Infinity" is excellent, as is breathing through the bones.
- Visualize the Greatness, Brightness, Beauty, All Knowing Wisdom and the Expanse of your Internal Light.
- Chant "Wahe Guru" mantras, many times per breath.
- Be in water, bath in it, swim.
- Lie on the Earth, feeling roots from your feet into the ground. Look into the sky, imagine yourself amidst the stars.
- Drink oat straw and ginger tea, boiled together for five to ten minutes, or ginseng tea. There are many good root teas for the kidneys. (Make all teas in a nonmetallic container.)

Depression (Air)

When awareness and vitality is raised into the higher centers and circulated throughout the body, we may feel many emotions, but depression will not be one of them. It is impossible to be depressed when your energy is raised.

Depression effects all the elements, but particularly the air element of lightness and free expression, centered in the heart chakra. Depression, while its cause and effects are many, frequently feeds from a dense understanding of the earth element, not knowing how to contain the life-giving water element (i.e., retaining sexual fluids) and an incorrect or ignorant relationship with the fire element.

Occasional depression may be overcome by the will power to persevere, dealing with any depressing issues and practicing yogic techniques (*"What is it I need to see?"* and *"I AM the strength and ability to overcome all resistance."*). A cold shower is a great way to break the spell and bring some vitality into the blood. Be sure to rub yourself all over with the hands as you are in the cold shower.

To overcome chronic depression requires a very deep commitment to elevation, which almost always involves a complete change of lifestyle. This change of lifestyle must include:

- Becoming conscious of your habits and reasons for remaining depressed.
- Overcoming the feeling of being responsible for others' difficulties.
- Eating a healthy diet.
- Lightening up.
- Taking full self-responsibility.

One of the characteristics of depression is a downward flow of energy, which leaks life-force from the body and continues to reinforce itself. A tendency towards depression often has several associated tendencies:

- Guilt, one of the most useless and manipulative of emotions. Overcome its generation or your susceptibility to it.
- Lack of energy to overcome difficulties and a feeling of being trapped.
- Needing others as a source of light rather than finding it from within. This often results in manipulative behavior towards others and subtle self-deceptions; both may go unnoticed by the person who is doing them. Meditate upon your own light nourishing you from above the head down into the body, as well as from the lower centers flowing upwards within the body.

Truly entering the spiritual path is taking self-responsibility. In so doing, it is remembered that nothing, absolutely nothing, has a greater power than you have available to yourself through calling upon it from your inherent divinity.

<u>Overcoming Chronic Depression:</u>

1) Bring up and clear issues which create a depressed condition. Honestly examine yourself, your motives, your delusions and your positive motivations. Listen to your dreams. What are the trigger conditions? There is a catch-22, in that it is difficult to examine and see the causes of your circumstance while residing in a depressed state. You have to grab the bull by the horns, which means doing something to elevate your energy so you have the capacity to get to the reasons. It is no use trying to find the answer while residing in

a confused state. Take cold showers. Lots of Dynamic Yoga and a regular practice of the *Kriya of Five Sounds (Sa-Ta-Na-Ma)* along with an eleven minute practice of the *Pranayam for Sensitivity* (see chapter ten) will help shift the energy.

Do not get into a circular head trip of the reasons for your depression. **Change your energy first, then make a commitment to take an attitude of upward strength to face the challenges of life.** However difficult it is, never use reasons of difficulty to stop you. You can then examine and change your motives by bringing them to your inner light. First get in touch with the light. Step by step you will change your entire outlook of life. **Forget about blaming others, only you can uplift yourself, so start now. A depressed condition often results when conditions of life seem too overpowering for you to overcome; this, however, is a falsity, a denial of who you really are.**

Chronic depressive bouts are often linked to the deep-seated self-judgments and emotions of a very sensitive person. The reasons can be complex, yet the sensitivity is there to reexamine those choices and create alternative approaches in life that better serve you and others. For sensitivity to blossom as a strength you must know your goodness and your willingness, feel your worth and above all, forgive yourself and others.

Depression is never a surface issue; it is a sign that something of a deep nature needs to be seen. When you are ready to acknowledge that on some level you have created your depression, insight into the deeper issues are not that far away. Break the curse by taking back your power, acknowledge what you see and follow through with the healing.

This brings up another important understanding. As the depression is broken, do not be surprised if particularly strong emotions come up, either immediately or at a later time. Let them come up, acknowledge them, listen to them, grow from them and release them in a healthy way. It is the suppression of these emotions that was one of the causes of depression in the first place.

As part of this healing, you may become aware of the subtle images of other people acting as a suppressive energy, such as standing in the way of what you want to see. This is a result of previous co-participation with others in unenlightened activity. Often the other person(s) may not be consciously aware of this

subtle activity. Decree very strongly, "I AM the only Presence here," and feel all parts of your body with your image upon them (not someone else's).

2) Rebuild a balanced inner fire, nerve strength, bodily assimilation and elimination, through the application of yoga, chanting kriyas and pranayam in a regular and gradual program. Nutrition is important, yet cannot be singled out as "the culprit." Learn to preserve and circulate sexual energy and semen so as to strengthen the inner fire. If one is in a needy position while in sexual relationship this cannot occur, so celibacy may be needed during this healing. Develop an upward flow of life-force.

Drinking chilli water (chillies soaked overnight in water) with your meals helps increase your digestive fire until it becomes stronger on its own. Strengthening the navel through leg lifts and yogic exercises increases your fire – the antidote to depression. To sustain this fire you must honor your earth and preserve the richness of your water (this is a feeling in the body).

3) Create yourself in an environment that supports your decision. Be where the earth is strong. Do not be in the company of people who reinforce negative patterns, put you down, or create a lot of negativity. These are reflections of your old life-style which you are changing. Remove toxic chemicals from your house, the foods you eat and your work space. Be willing to see!

4) Find out what you can do well. Move in your excitement.

5) Raise your voltage, so as to have the energy to overcome past momentum and habits. This is crucial. It is well and good to know why you behave in a certain way, but if you do not have the voltage to be able to overcome your unwanted habits, then is it not a kind of self-cruelty?

Raise your voltage through pranayama, meditation, sheer commitment to remain positive and focusing on remaining in your greater purpose. Unhealthy living, needless to say, diminishes the internal voltage we all need. If you practice a new uplifting pattern by keeping it up for forty days, it will become a positive habit. Connect light and joy together. Whenever you think of light, then feel joy. Fuse them together, activating yourself! Sit and do this several times a day, as a meditation. If need be, dance, feel light and joyous and connect it as the Light. Change your energy state and blood chemistry with lots of long deep breathing.

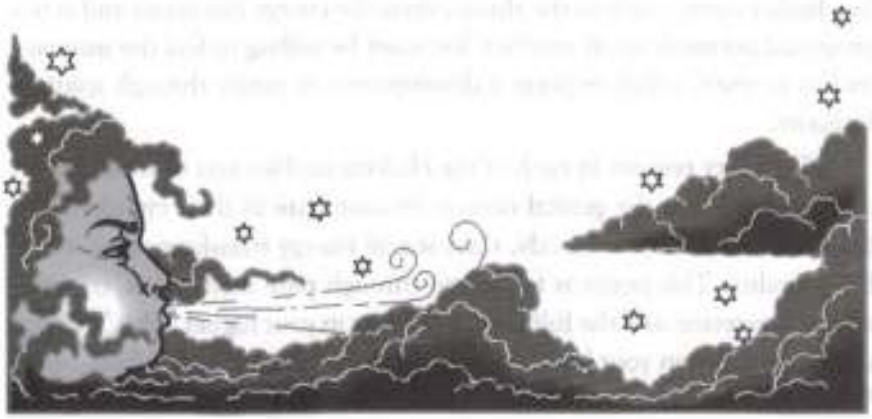
6) Be honest. If you are keeping yourself in a place or position that is against your whole understanding, then of course it is depressing. Be willing and

have the courage to change. What is being depressed in your life? Begin transformative practices. Often when a depression is broken, when it is no longer an option, suppressed anger surfaces. Do not suppress it, rather deal with it.

7) If on medication, then work with a health care practitioner who also meditates and knows about yoga and a healthy life-style, to assist you in the timing of coming off the medication. Medications used in the treatment of chronic depression, in the long run, perpetuate the condition that they treat. Yet some need to wean themselves off the medication over a period of time, as they grow stronger.

In the case of a person who cannot hold themselves together in a rational manner without medication, the assistance of a *conscious* clairvoyant may help. In particular, look for past and present issues of judgment and control, so that the process of rebuilding can begin. Frequently, the person who can be of most assistance clairvoyantly is a close friend or relative who, in neutrality, quiets themselves and asks for insight to benefit their friend. However, it must be remembered that no one can heal until they want to.

For a person prone to frequent bouts of depression and very sensitive in the awareness of subtle energies, it is imperative that a physical strengthening and purification of the solar plexus region takes place, combined with a strengthening of the upward flow of energy. This initial strengthening follows with a focus at the third eye during meditative disciplines. Then the person is more in their own energy, able to precipitate further changes. In the process of strengthening the navel, core issues will come up. It is all a matter of the commitment and willingness to stand in your own light and grow.



Lust (Water)



Lust is a lack of identity in the higher centers. To overcome lust requires purity and centering in the command of the higher centers. Develop a presence at the navel that takes charge of your lower centers, keeping them under its influence. The navel chakra, as it opens, is an intelligence in itself. The navel area actually contains brain tissue. Direct it upwards in service to the higher centers, of which it is a part. This way, the lower chakras do not wander in unconscious interaction and lust is not an issue. Commanding the overall direction of your vital energy upwards is an important aspect of freedom.

Do not confuse lust and sexual vitality as the same thing. Lust is a particular qualification of that vitality as an outer force of desire that takes over one's better judgment. Sexual energy is, primarily, energy. If properly directed it is a spiritual force of awakening.

Sometimes a person has sexual pulls within them that they do not understand and subsequently suppress or play out unconsciously. This keeps the energy bound into the lower chakras and orientated towards lust, even if it is not the intention.

Your head is not separate from your heart, your heart is not separate from your genital centers, which is not separate from your throat, etc. You are a whole. Therefore any stimulation in one center will reflect itself in varying degrees in all the other centers of the body. You can use this to transform energy. For example, sexual energy is a passion; if you can feel this passion from the genitals moving up the body and becoming repeated in a higher center such as the throat, then the energy circulates and is not projected outwards upon another. You must be willing to feel the intimacy within yourself, which requires a development of purity through spiritual integrity.

The purity present in each of the chakras enables you to remain open and whole. When the genital centers become pure in their circulation of light with the rest of the body, then sexual energy transforms into whole body vitality. This purity is facilitated through pure meditation, transformative awareness and the fulfillment of living in your higher light. This can only happen when your higher sense takes command of your whole being. When you are fulfilled in your own purity, then lust is not an issue. Practice

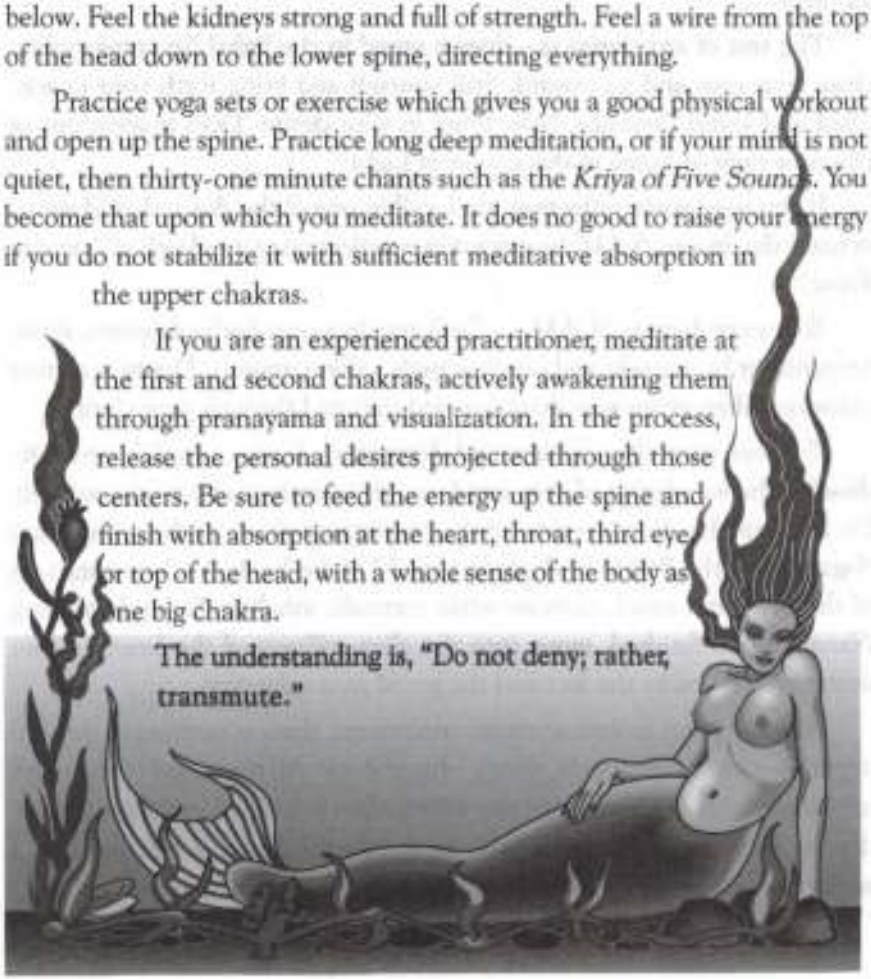
of yogic techniques and fulfilling relationship creates the energetic support of this reality.

It is easy to say in one moment, "It is all energy," and then later when you feel so much energy in the genitals wanting expression, lose all control. Doing the inner work is a total affair. You have to get right into the energy, then go deeper into it. Feel its passion rising up through the body, lighting the whole body on fire. Feel that light in the head, circulate it and feel a great clarity awakening in the head. From that clarity take command. From that space make your decree! Learn to internalize and elevate your response, rather than projecting it outwards into various scenarios.

The lower spine has to open up. The energy has to have somewhere to go. Visualize an open vibrant feeling at the spine opposite the navel and just below. Feel the kidneys strong and full of strength. Feel a wire from the top of the head down to the lower spine, directing everything.

Practice yoga sets or exercise which gives you a good physical workout and open up the spine. Practice long deep meditation, or if your mind is not quiet, then thirty-one minute chants such as the *Kriya of Five Sounds*. You become that upon which you meditate. It does no good to raise your energy if you do not stabilize it with sufficient meditative absorption in the upper chakras.

If you are an experienced practitioner, meditate at the first and second chakras, actively awakening them through pranayama and visualization. In the process, release the personal desires projected through those centers. Be sure to feed the energy up the spine and finish with absorption at the heart, throat, third eye, or top of the head, with a whole sense of the body as one big chakra.



The understanding is, "Do not deny; rather, transmute."

Desire (Earth)

What do you need? When your desire is in harmony with your spirit, then it is a graceful desire – an actual outpouring of the higher plan. How to know this? **Meditate to raise your energy into understanding.** Take command over your base centers. Become genuine through taking the time to stay in the energy of the higher centers. Let your wisdom and guidance come forth, as orchestrated and intuitively understood from your Divine Presence.

Your I AM Presence is You connected consciously to the enlightened state of Oneness in which the Ascended masters and your higher self reside. In that consciousness, it is always known what is the "highest good" at all times.

The test of any desire is – does it stand in the light? Sit comfortable, close your eyes and go inward. Still yourself and bring forth your peace-filled and joyful Presence. Now bring in your desire. Does it seem out of place, or right at home in this center of Light?

If you need some reflection, then call in one of the Ascended Masters, or make the decree, *"I AM the space of pure reflection to see clearly all I need to know."*

Your pure decree, *"I AM ...,"* will regulate your body of desires, if you recognize it by actively and unwaveringly calling upon it. Desire is a great emotion, when given wise direction and initiated through your clarity.

To clear yourself of whims and distracting desires, simplify your life, dissolve the wandering of your mind into the calmness of your deeper Self. Sit and breathe. Practice one of the pranayams given in the companion Yoga book or the *Breath to Begin* on page 57 of this book. To clear agitations of the body and mind, exercise while mentally inhaling *Sat* and exhaling *Naam*. When finished, move into the alive stillness of the heart and let desire be fulfilled by the fact and the joy of your existence.

At some point in your spiritual attainment, there is nothing to do. Accept this – whatever you do, that is what is done. All the riches of the earth are simply more of the same for one who is already fulfilled in spiritual splendor. In fact this inner richness is so wonderful that my Beloved and I sometimes remark, "If you are not a yogi, this earth is a boring place."

Sometimes a whole empire may be built, while another time might be spent listening to the birds, walking in nature, or dreaming a lot. Being lost in shallow desires is replaced with the excitement of your true purpose. Then your whole soul is behind you. The concept of not doing anything, amidst doing things, can only be understood through practicing deep formless meditation and feeling your identity as the beautiful flame within, continually giving its glow of life.

It is all timing. It has often been my experience that the more I am slowed down in outer activity, the more of real value is achieved through the reality of inner accomplishment and interaction.

In pure meditation, you are not desiring or focusing on anything other than remaining alert; you begin to purely experience that which lives deep inside of you. This is not a trance state or dullness. Rather, it is an intensely creative act of your deep inner radiance as a coziness and aliveness. This radiance, by becoming the dominant consciousness, transforms all outer conditions through its superior awareness.

In this way you can actually experience extreme inner joy in anticipation of the next moment of life, or of saying the next syllable of a mantra. At the same time, you are in rapture over the beauty and simplicity of the present moment, this syllable of the mantra. And you are not even trying to feel it, you just are it. This joy is because you are feeling the creative energy in you CREATING the sound of the mantra and the joy of that which listens to it. Nothing is desired, rather you already have it. The activity of the meditation is remaining in the purity of the sound current and your Presence.

This is action; any limited desires springing forth in the mind are replaced by this action of the kriya itself. If you do not have this root experience of fulfilling meditation in a desire-less and present state, then your desires often end up running away with you.

Through practice, you penetrate into and open internal spaces. You learn how to anchor yourself in the vast command of stillness. It is very enjoyable.

Think about it. Is not the fulfillment of desires enjoyment on one level or another? When desire turns into a higher passion, it must bring fulfillment. Real Passion is self-consuming. It consumes every morsel of self-contracted identity. The passionate spiritual being laughs at what most

people call passion, a flickering of a dim lamp in comparison. When you receive the inner initiations starting at the level of the throat chakra and experience the intense consuming passionate fire of the internal nectars making intimate love to the core of your being, then you will understand that it is all within. No matter how long the years of practice – at that moment you will be grateful for your persistence!

It seems that we as a society have forgotten what to desire. When the passion of inward-born fire consumes you, what is left? What always was. Chop Wood, Carry Water, Joyously.

To restate. Desires are not in themselves bad, **desires are healthy,** provided they have the background of your detached state to give them the strength and wisdom needed so that you do not forget yourself amidst them, or inadvertently bring harm to any other living being. This is the art of spiritual living, in which passion and stillness balance themselves dynamically. This is life. All else is an approximation of it.

When desire contains all these elements:

- Expectancy
- I AM the fulfillment of my desire
- Purity
- Honesty
- A feeling of inner fulfillment, radiating the joy of the Perfection.
- A call for your higher self to arrange everything perfectly in the Oneness – the timing, the way, the details of manifestation.
- A knowing,

then it must come to be!

When you are unfulfilled from within, you desire things to try and fill that gap. The solution is to **become fulfilled within, then desires are born from the light of your soul.**



A Meditation on Desire



First breathe for a while, clearing obstructions. Center yourself in calmness, then concentrate your awareness into the size of a marble at the throat. As your awareness stops looking into this marble sized area and starts radiating out from it you have entered the throat chakra. From here feel yourself "slip" upwards to a point one-third of the way down from the top of the head to the base of the skull. Imagine a pulsing of energy coming from above your head as an emanation of your greater self and being received into this center. Let it continue as a purple ray to the base of your spine and then reflect back up again to the head. Reflecting back and forth between the head and the bottom of the spine, harmonizing your body of desire into the universal desire. Become aware of what your true inclinations, your true desires, are.

From your genitals feel two strands of your being intertwining, revolving around each other, straight up through your body, kissing at the throat center and then moving up through the head onto infinity. Feel *"I AM Bliss."*

Jealousy (Earth and Air)

Jealousy happens from a low self-esteem or lack of self-worth. To overcome this insecurity, meditate on and within your own light. Develop a relationship with the earth, bringing balance through strengthening the blue and green rays in your meditation. Examine your present situation, your work, relationships and self-attitude. Recognize that when you are happy for others, this is you being happy. Affirm your own beauty; feel happy for yourself and others, freely.

Lack of self-worth as an issue is not always apparent, for jealousy is a permutation that displays itself most often through the ambitious and aggressive soul. This character wants to prove itself, which is fine, yet the lack of self-worth in spiritual terms undermines this. Believing in your self is always a spiritual issue. Despite worldly implications, the self is not sourced

from the world of things. Self-worth comes through continual application towards spiritual opening over the years, combined with inner experience and healing spiritual judgment, particularly any denial of the wisdom within the light.

By strengthening the feeling of being complete in your own light, of accepting love as the oneness of yourself and others, jealousy vanishes as something outgrown.

Sometimes when a being is striving so hard for greater self-definition and in the process develops a pride of their accomplishments, then the emphasis upon the red, orange and gold rays needed for this work often leaves little time for their integration into a cosmic consciousness, such as contained in the blue ray. On top of that, the pride blinds one to the wisdom of such an integration. In this type of scenario, jealousy of the worst kind can develop, hidden in a cloak of previous attainment surpassing the average person, yet emerging when the person feels threatened by someone reflecting their next step.

Visualize a blue flame moving through you and overshadowing you. Reflect upon the qualities of this ray and align yourself into it. Humble yourself into the silent majesty which contains all beings in its Oneness.

The sickness of jealousy is that it can become a hidden and covert force to make a case against others, or in some way to attack them. This cuts you off from the flow of Grace and compounds the difficulties of life, further diminishing your self-image. Everything you have you must earn. In this way it is yours, because you deserve it. This is not the financial earning of working long days in a worldly job, although it may be. It is the response that you show in life, which gives you responsibility in the eyes of the Mother.



Confusion (Earth, Air and Ether)

Confusion usually results from:

- Not wanting to see certain aspects of yourself or others, thereby creating a cloud of confusion. Women are particularly skilled at this, without necessarily being conscious of doing it.
- Being off track from your purpose. Taking in or having in your auric field a sea of energies which are distracting, or do not support you in your clarity.
- Lack of self-identity, usually from focusing upon others as the reason for your present situations, thereby losing the ability to apply yourself in clear thinking and action.

Confusion weakens your magnetic field and thus the ability to apply yourself. So the first step is to create clarity. Go for a walk in the evening air. Sit down and do a yoga set or call a friend to do yoga with. Take a cold shower. Have a day of silence. Place yourself in a clear environment.

Get in touch with the source of your confusion by cutting through it. What is unclear, what is not being looked at, or does not want to be seen? Sometimes there may be a dozen different energies all at work simultaneously, needing to be addressed. Write them all down on a piece of paper. If all is dark within, then focus yourself into a very bright intense laser beam and cut through the cloak of obstruction. Do not judge what you see, just bring it into the light. Create clarity.

An excellent practice is the *Universal Shakti Mantra*, repeated many times per breath, as given in the yoga book. Feel each word cutting through the space in which you sit, lightening your energy. The practice of martial arts is also of great assistance in cutting through confusion. Get the chit-chat mind out of the way.

Practice a meditative technique before bedtime and go to sleep holding yourself in the intention of a clear dream. In the morning, examine your dreams and follow any threads to deeper understanding, regardless of how silly or meaningless they may seem at first.

Living where the earth is weak through physical and psychic pollution, its vitality scattered, adds to the feeling of confusion. The consumption of tamasic foods such as meat, fried foods, wheat and sugar does the same.

Finally, if you are creating confusing energies and thoughts, ask what is there that you do not want to see and move through each level until you reach its source. The first step is to forget about everyone else. Do not blame any person or situation as the reason that you are experiencing confusion. Come back into your essence identity. Still and calm the mind through one-pointed elevating practice.

In every case where a person *feels* confused, for whatever reason, there is an energetic misalignment of the pineal gland in the center of the head.

The solution is to come back into a strong feeling of your own sublime Presence, which thereby automatically realigns the pineal gland. Exercise, run in place, feel yourself. Then sit quietly and place all your attention in the center of your head, in an area about the size of a pea. Eventually you may feel a tickling sensation in the center of the head, which helps to further focus yourself. Then come out of the meditation, look at yourself and remain quiet in your own space.

Chronically confused people often create a psychic shield around their pineal center that interferes with its proper function. Any subtle inquiry which gets too close to connecting with the pineal gland is deflected and turned outward, thereby sidetracking the issue. It is generated and maintained through underlying issues not wanting to be seen, often subtly reinforced by others who also do not want those issues to be seen, because of their involvement.

The solution is to first elevate your energy through running, yoga, etc., then sit and bring your energy inward and **do not let the mind wander or babble on.** Cultivate your own feeling, instead of feeling other people. Sometimes it feels like a battle; stay with it at all costs, until you can hold the feeling that **"I AM the only Presence Here."** When you can do so, you will notice that you can easily anchor a certain feeling awareness into the center of your head, containing your own image.

The use of drugs, particularly marijuana, make it impossible to stabilize the pineal gland as a focus of awareness and spiritual clarity. There is no point in doing the exercises recommended in this book until all intake of drugs has stopped. Yoga will be of tremendous benefit in the following period of repairing the damage the drugs caused.

Ambition can create frustration edged with confusion when a person wants something before they are ready for it. I see this sometimes in young people who want to grow, who are not sure of the road ahead, who know there is much to be revealed. They are not quite sure of what it is all about, but they want it all now. Surrender the confusion to the innocence of heart, to your own naivety, for this is often a great protection. As the saying goes, fools tread where angels fear to go. To cut through confusion you will have to go deep into certain places; in so doing, you gain a maturity.

This is a time of establishing yourself in spiritual discipline, of identifying with the pure feeling of Self. In time, you will understand all that you need to. You will, in the right time, have all the inner experiences. You will have everything come to your doorstep, so to speak, when the time is right. Do not worry, there is no way that you can avoid your incompletions (karmas). By continuing in a strong sadhana you will bring up your karmas obviously and gracefully (from a relative viewpoint). This gracefulness assists you in holding the purity and voltage of your realizations, so as to dissolve and/or re-create your image within the karma brought forth.

As you speed up your evolution, karmas are brought forth more quickly for clearing. This quickening is actually a grace, because of the opportunity to remove the subtle blocks that stand between you and your greater freedom. Any destructive side to the resultant hardship is often diminished, as overseen by your soul. The whole point is your learning and evolution into a higher way of existence, free of the need to create such experience in the future.

Confusion often masquerades as a passiveness, but is actually a very covert activity, defusing clarity and blocking higher awareness. Often the perpetrator is unaware of this covert activity, themselves a victim of their own confusion. This compounds issues and frustrates attempts to get at the core of the real issues. Until one can release fundamental blocks, how can the light of clarity flow? The number one reason people create confusion is because there is something that they do not want themselves or others to see.

Anytime you think that outer circumstances has a greater power than the infinite fathomless depth of your inner self, you are creating a potential source for sustaining confusion. If you find yourself in a confusing energy field created by others, do not take the bait. Instead, hold the Presence of your own clarity and refuse to play the game.

One such way of putting power in outer things is the practice of astrology, tarot cards, numerology, muscle testing, etc. From my own observation of the subtle auric field, I see people who in one instant make an empowered statement or relate a deep truth in which their higher mental body is wonderfully supporting them, then in the next instance, through ignorance, they relate some astrological or numerological confirmation and I see the previously beautiful grounding of that higher mental body replaced with a lower swirling of energy.

This is not to say that there are not some truths in these sciences. It is simply a question of where you put your power, in the source or in the shadows. Some may think this an unreasonably strong statement, yet never the less I stand my ground. These limited understandings do nothing to bring forth your mastery; quite the opposite, they leave the door wide open for doubt, fatalism and all the distortion that can enter through such doorways. Whenever the path of light is not clear, direct and symmetrically balanced from above into the body, you are left wide open for all sorts of misunderstandings.

It is like someone saying, *"I AM the clear understanding of all that I need to know,"* and then in the next instant negating it through saying something like, "Let's muscle-test (kinesiology) to see if I am clear in all I need to know." Can you not see the fault in this approach!

Meditate into a deep healing on the emerald green ray and intertwine it with a deep blue flame, to help bring forth trust in your own clarity. Make the commitment, **"I AM Clarity and Perfect Timing."**

What is a Spiritual Warrior?

It is the job of the spiritual warrior to cut through confusion, resistance, ignorance, disruption and the like, returning everything to itself. Until each is willing to live in their purity, they are not ready. **So a warrior in this way does not tread over others in self-righteous activity. Rather a warrior is invited to be of service, through the radiating presence of their own exactness, insight and clarity.**

The spiritual warrior does not "fight" others, as this would only perpetuate further lack of clarity and incompletions. Such a person simply remains in the exactness of the pineal gland, as a receiver and generator of

higher energy, while surrendering into the whole feeling of their body as a temple. In this way, a clear energy field is created which either helps other people to reproduce the same effect in their own field, or polarizes the energy for those who do not want to (which gives the *opportunity* for them to see the effects of their activity more easily). Nothing outwardly is done to achieve this, it is automatic.

To restate, the spiritual warrior creates clarity around themselves through commitment to their own clarity. Such a warrior, in my experience, relishes the opportunity to find the ways that outer drama can reflect light onto inner opportunities of further strength and clarity. Such skill comes from the ability to penetrate and to see, hinging on frequent meditation.

The glory and integrity of the warrior is the reliance on the strength within. From the magnetism of the intimacy within, skillful means present themselves. In this way the warrior brings forth inner solace, radiance, comfort, wisdom and, through mastery, harmony of all outer conditions as well.

Pride (Ether)



Pride is a quality and emotion relating to the ether element, making active use of subtle connectivity.

Taking pride in what you do, what you have achieved and what you are associated with has long been recognized for its positive benefits. It is a subtle source of strength, helps self-confidence, removes doubt and seals the benefits of practice, because you own the experience as yours. A refined pride accentuates unspoken subtle understandings, moral stature and a force of continuance.

Pride used in this way is natural and has its window of timing, after which it must be released, so that maturity may appear. As you enter the maturity of not needing limited support structures, pride must be guarded against and dissolved, so as not to get in the way of the larger picture.

Pride has a tendency to degrade into arrogance, which closes you to further growthful experience and interaction. There is not the humility or surrender required to enter the higher initiations beyond the outer personality. Pride can thus become blinding.

Pride only exists as long as we identify ourselves in a "separate" consciousness. Pride is one of the trickiest of the emotions, as it is necessary as a positive force in your growth and in later times it prevents you from further spiritual growth.

To overcome pride, you must retain humility, see through eyes given to the Oneness and have a constant willingness to learn, excel and expand. When you think that you have "made it," beware of the subtle pride which creeps in and holds you to your word, keeping you just at the point where you have "made it." If the soul wishes to go further, then it may create the scenario for all securely created illusions to fall apart again, in order to spur new growth.

The most dangerous course of pride is spiritual ego, whereby you value the need to assert yourself more than the eloquence of surrender into the Great Silence. This danger is always present, right up to the Ascension; it is a prime reason to humble ourselves and remain open for further growth. This danger of subtle spiritual ego also requires a teacher to constantly be fresh in their practice, less they allow and then fall into grooves created by subservience from students and glorification from other beings. Until the heart gives way to the Oneness as the home of the mind, the danger remains. If the significance of this is truly grasped, then the necessity of intensity upon the spiritual path is clearly evident. Only in the "BODY OF THE ONE" does the body become wisdom incarnate, by the power of Love.

As long as there is separation there is spiritual ego; pride will be present in some way. It must be, if you are to remain intact in your individual self-identity. Only when you find your self-radiant identity within the Oneness does this become a non-issue. Keep pride in check, cultivate the experience of Oneness over the aggrandizement of personality and you will make it.

An aspirant who has become adept on one or two rays, having honed their ability on those rays, need be careful of not closing the door to other perspectives. This happens all to frequently, through the pride of a close-knit group bound in the same exclusive approach. A prominent example is the yogic application on the orange ray, used for quickening, transmutation and ecstatic elevation. Having so much practice with these tangible abilities, one can develop a superiority complex, blind to other approaches of cosmic greatness.

You need the synthesis of all the rays to bring forth your Oneness. Calling forth, in a pure way, your I AM Presence to govern your every application

keeps the doorways open for this development to unfold in the course of your growth.

Because of the real danger of spiritual pride, many teachings have made a point of ignoring inner sights, prompting and phenomena, so as to hold the attention firmly fixed on the practice at hand. However, do not throw away the value of your intuition or your inner voice because you are afraid of running away with phenomena. This would be throwing away the baby with the bath water, drowning yourself in your own ignorance, shutting yourself away from the subtle experience and communication of life. The contents of your meditation are always of value, yet keep it all in its place so that you may enjoy the silent inner communion of your greater Self, which is always giving way, always growing, always Being who it Is.

Sometimes a student will have many years of practice with few displays of inner phenomena, because the soul is emphasizing the centering within and enjoyment of formless Self. Concurrent with this time there is often a much greater cleaning of house and rewiring than is sometimes understood. All sorts of difficulties must be overcome in the outer world as part of this. After this initial preparation then the student is more fit to enter the inner mysteries in full awareness, as they will not be carried away by inner revelations, but interact appropriately and keep everything in perspective as part of their ongoing growth and experience.

Purification of the inner voice is a very vital part of gaining your freedom. This purification needs the trust of your higher formless deep sense of Self, and can call forth the purity of the inner voice. Visualizing a deep violet flame, originating from your essence above and filling your entire being, is invaluable in this process.

If you believe, because of particular abilities, that you are innately better than others, then you bind yourself into the limitations of that belief and the pain of separation. How can Love blossom in such an environment? False humility is itself a form of pride, keeping limitations intact. Pretending humility is saying that you want to grow, using such words or displays as a distraction from entering into the actual process of growth.

The outward approach to overcoming pride is service, surrender and willingness. The inward approach is long formless meditation.

The Subtle Pride that Grows when Hidden Agendas Are Fed from Below Instead of Dissolved from Above

Pride often ends up tearing the practitioner to threads. Pride causes blind spots from grossly uneven development on the rays of soul personality. If an adept likes being worshipped, likes power, needs certain feelings, or has certain deep fears, or unfulfillment that for some reason is not easy to recognize, these create blind spots in the development of the soul.

Through the strength of yogic application, there is an intensification of life-force, an enjoyment of inner presence and a confidence that naturally accompanies these developments. If there exist belief systems where full governorship through the higher self was never given the reins, herein lies a great danger.

Say they worshipped their teacher, or gave the power to a religious viewpoint that does not truly empower the individual, or distorts the value of the individual. The God-self is never fully acknowledged as the real practical and omnipotent reality that it is.

Self-created distortions given an image in the subtle realms are thus fed from below by the confidence of the outer-self, rather than dissolved from above by the true perspective of the God-Self. By then drawing forth that subtle image into physicality, a psychic vortex is created. Such a feeding distorts the constantly flowing life-force into the shape of a monster. Many souls beginning the spiritual path are blinded by the raw charisma of such a "larger than (ordinary) life" being.

Techniques such as pranayama, chants and kriyas have great value. If practiced purely they make it easier to tangibly feel one's own presence. Yet if the Individualized God Presence, beyond the outer personality, is not emphasized as the overseeing and stabilizing success of the practice, then it is impossible to gain the right perspective. Students need to be returned to themselves and taught that the source of their success is found through their own I AM Presence. The process of actively meditating on this must be de-mystified, through the radiations of those who understand.

The emphasizing of the God-Self above the head and each student calling forth that understanding, develops cognition of the higher mental body, along with many other benefits. Becoming conscious of your higher light

body is an absolutely necessary step towards your Eternal Body and a practical understanding of who you are.

The higher and more sure way of using techniques is to first emphasize the supremacy of the simple presence of your being. The techniques are an application directed by your own presence to bring forth the pure and vital outpouring of this presence into the physical and subtle realms of your existence. In this way your higher self, through your sincere decree, is actively utilized to make visible areas of subtle self-distortion that might otherwise have gone unnoticed, while the outer-self continues to distort all the increased energy you generate from the practices.

The above may seem to some like the useless argument of what came first, the chicken or the egg. Far from it. This starts you building a steady platform in which to awaken, rather than one that will disintegrate in the winds of what remains hidden.

In a yogic practice based on awakening your individualized Divine Presence as a radiant image, awareness developing in the lower realms simultaneously brings forth a greater awareness on the higher realms, at least to the degree that you recognize yourself as the common element. This allows a much greater application of your meditative sensitivity.

Your outer consciousness is felt as the outpouring of your God-self. It facilitates the understanding that you, as a spiritual being, never sleep, but are Eternally awake. When you recognize your higher self as the constantly sustaining power of what you achieve in growth, it is the guard that never misses a beat. When you call forth the purification of whatever cannot stand in the Light of the Christ, it is your higher Presence and the purity upon which you can relate to it, that makes this possible.




I AM THE
EVER-EXPANDING
PERFECTION

Chapter Ten

I AM THE SELF CLEANSING POWER



of Love Embodied

Self-cleansing and healing is everyone's birthright and is only relinquished by losing touch with your purity. You have the capacity at any time to breathe, to focus your mind, to elevate your energy, to harmonize and re-create yourself. We each choose our direction; if spiritual growth is your chosen direction, vast internal clarity is **valued** above any compromised state.

Willingness to become spiritually responsive (self-responsible) is and always has been the most important element of self-mastery. Techniques are secondary and made available following this first self-initiated stance.

Responsiveness to spirit is priceless and worthy of every effort. Through this effort, you gain intuitive intelligence and focused application of breath, of yoga and of self-cleansing techniques.

Being responsive is remaining aware of and existing in your own simple self-radiant divinity – light, happy and free. This is a state of "Is-ness." When chanting *"Sat Naam,"* which is a name of God, it is this Is-ness to which it refers and upon which you call. When you say, *"I AM,"* it is this "Is-ness" upon which you are calling. When silent in divinity, it is this "Is-ness" which is felt. Then intuitive knowingness will direct your every action. This purity can only be an experiential state, never a theory, strategy, or dogma.

When you focus through the power of pure Self-Presence, that Presence radiates as Light and fuses into the body's magnetic field from above the head into the pineal. This creates a halo of prana around the head and the heart, as seen in pictures of saints. When it is strong, your light constantly cleanses you and rejects or examines whatever is not to your standard. **Self-cleansing and healing is automatically initiated for all those who first make the firm commitment to live in the vitality of their higher Presence.**

Wha-vroom-ba!

To become connected into the body temple – use it. Exercise, breathe, meditate, awaken the inner spaces within it. Feel *your* spiritual essence permeating your entire embodiment. In a whole and sensitized state, the body temple gives you direct feedback of any energy which is out of balance, increasing your discernment. Coupled with skillful penetration and the willingness to see, you can examine and release any blockages.

By skillfully and consistently overcoming obstructions in your meditative life, a long lost friend may hardly recognize you, so strong, complete and radiant are you. Ultimately, nothing has the power to stand between you and your infinite spiritual potential. Actualizing this potential is the journey of life.

The *Kriya of Five Sounds* (on the next page) is a self-cleansing and healing technique of great potency. Breathing through the body for half an hour is another basic, yet priceless practice *(page 58)*. By practicing with full attention, you enter into the purity of your Presence, heighten sensitivity and cultivate inner connectivity. **Spiritual presence equals spiritual grounding.**

Right this moment, smile. Take command of your energy by qualifying your presence as a delight. Free yourself of limiting images and make a firm decision to feel, experience and re-create yourself in a greater light. By choosing an elevated response in place of every reactive temptation or depressive mood, you break the binding chain of ignorance and remain in your divine presence.

Dynamic yoga and meditation gives you extra voltage to make this easier. The subtle becomes tangible in the joy of a responsive body. You need this strength of pure identity before you can blend, consciously, in the higher tantras.

Start by applying yourself wherever you are. Always remain in this magical act of willingness and you can rewrite your destiny. Dynamic techniques using the body, breath, sound and visualization are immensely practical, because you can begin even if your mind is full of unruly thought and your body is weak, provided you have the willingness to keep going. You will get stronger in the course of practice. This yoga is not something you get ready to do next year – begin now!

For some, the stress of the world becomes food for their practice. Difficulty, resistance, blockages, or challenges, depending on how you look at it – this is the training ground by which you will discover and develop who you are! Being able to keep up in times of difficulty can make your life a lot easier in the long run.

As you continue with an inner openness, is there any way that the gifts of your own radiance and the treasures of the body-temple can be kept from you? To show that it is possible and to give further inspiration to practice are gifts of a teacher and also of this book. If you are not inspired to motivate yourself, this book knowledge has little value. If you can use it to stimulate and complement your practice, then it has great worth.

Sa-Ta-Na-Ma Kriya

Kriya of Five Sounds
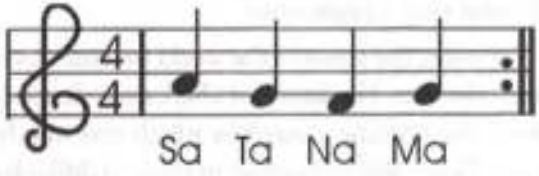
This wonderful kriya (technique) washes the mind, adjusts the elemental balance in the body, gradually develops a relationship with your presence above the head and increases your projection, presence and healing ability.

For all these benefits, it is a simple practice, but must be done daily for the accumulative effect. Practice for a minimum of forty days. Some days it is heaven, others, not much at all seems to happen. Take heart that during the not-much-happening-days, if you can keep the sincerity of focus, at this time it is perhaps doing the greatest good, literally penetrating through subtle resistance and rewiring the brain.

Sit with a straight spine, in a meditative composure. Eyes are marginally open, looking downward, keeping the tip of the nose in view. Do not strain the eyes, as it is a subtle connection. This downward glance helps your centering in the body, at the same time stimulating the region between the eyes and keeping you internal.

Feel, activate, or simply imagine a continual beam of light-presence from above your head entering the body. For this particular kriya, direct most of the light to the center of the head (pineal gland) and then turn it ninety degrees and let it project out through the forehead, into infinity. Keep this visualization going throughout the practice.

Let your hands rest on your knees. Begin chanting.





<u>As you chant:</u>

Saa Press thumb and first finger together.

Taa Press thumb and second finger together.

Naa Press thumb and third finger together.

Maa Press thumb and little finger together.

All the sounds are pronounced as in "ma." Keep going in this cycle, letting the breath adjust itself automatically. Every once in a while, sense that the energy required to touch the thumbs and fingers together originates from the navel region. Create a disk of light around the waist and sense it travelling up through the body, out the arms and to the fingers.

Chant in the following format of three voices:

5 Minutes	Normal voice
5 Minutes	Whisper
11 Minutes	Silent (continuing inwardly)
5 Minutes	Whisper
5 Minutes	Vocal

31 Minutes Total

During the silent part, keep the mantra inwardly going, along with the visualization and movement of the fingers. Switching through the different voices helps the penetration of your wakeful state into the subtle realms and back again with full recollection and integration. The whispering has a sense of etheric penetration, a voice of longing, of lovers. During the silence keep the mind on the mantra, going deeper into your soul.

When finished, inhale deeply and hold the breath, channeling presence up the spine. Be particularly sure to keep the neck straight, chin slightly tucked in and the mind focused. Hold as long as comfortable. As you release the breath be sure to keep the neck lock, as there can be a real rush of energy. If so, tighten muscles around the spine and neck to contain the energy so you do not get dizzy. Sit quietly for a few minutes, then stretch the hands overhead for a few seconds.

Additional refinements:

Feel the mantra originating on the current of light a few inches above the head. As you say each syllable, it descends into the head and exits through the forehead into infinity. Do not follow the sound, rather let it go.

If you are able to hear the internal tones, then try feeling the current of light also as this current of sound. As you say each syllable, let its sound originate from the sound current, again a few inches to a foot above the

head, then down and out through the forehead. When this happens you will be listening to the chant as much as you are saying it.

Meaning of the Mantra:

At first it is advisable to simply focus on the sounds in their vibratory quality, that is without letting the mind move around too much in their meaning. This helps you to simply be present in a deep way with the practice. As you are able to hold this, then you can bring in an additional richness through understanding the meaning of each syllable, letting the mantra become the embodiment of that quality.

Saa is the infinite sea of your light presence

Taa is bringing forth an image, a definition, or a point of focus within that light. It also means "yes," and is a reference to the Goddess and the light at the third eye.

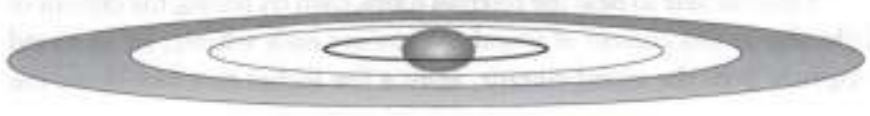
Naa is purification, alignment and raising of the vibratory level of your body consciousness to accept and integrate this light being brought forth into your life.

Maa is the birth, the manifestation of this light into your world.

Together ***Sat*** is your god-head, the eternal radiant presence, or simply truth. ***Naam*** translates as your identity. Together Sat Naam means *"I Know my Eternal Self-Radiant Identity,"* traditionally simplified as "I AM Truth."

This meditation tells the story of the formless consciousness creating light, the preparation for that light to be integrated into existing creation and finally the joy of manifest creation.

Let the sounds wash the mind as the waves of the ocean wash the beach. Hidden patterns and thoughts will be brought up from the depths to be seen and released. Keep the purity of the chant continuous. If thoughts are playing loud in the mind, then play the mantra louder, by imagining millions of angels vibrating and singing the mantra with you, so the sound seems to emanate from all spaces. Let the sky speak it, let your body resound it. Remember to feel the navel as you touch each finger together.



Presence

Limitless Divine Self Presence is an experience of purity. Every situation brought before the inner eye brings an intuitive reply. If you remain in your purity, this reply will be from a higher perspective. One must cultivate the inner alertness to listen and respond to the intuitive mind from that space of purity.

Purification is harmony applied through the wakeful supremacy of your higher self over all stresses of everyday life. Taking responsibility for your difficulties, while simultaneously recognizing your transcendent sovereignty, is the first self-empowering step towards Mastery, whereby you can fully enjoy your true effortless radiant nature.

Introspective quietude increases awareness of the subtle nuances of the way you create your life. Meditative techniques, such as pranayama, generate the necessary voltage to overcome habits and thoughts that you no longer wish to harbor. Your power and fullness of Love must be greater than any lesser emotion or situation, if you desire rapid success.

Know that Love is the greatest power. This comes through the experience of the open heart, open in every center of the body. To invoke the *"God that I Am,"* is to fill your Divine projection with the power inherent in your soul. This gives the necessary voltage to dynamically arrange and rearrange your creation in response to your higher knowingness.

When the light above the head has a strong grounding, the consciousness exists whereby you can always respond at any moment in the best possible way. You may have to give a talk before a group of people and not have a clue what you are going to say before you get up on the podium. The power of this incoming light is such that you can relax, knowing that your divinity will perfectly organize events and you will know what to say as you need to by attuning your power of awareness to what the audience needs to hear. Even more than that, you have the Presence to fill the room with the essence of what you are bringing forth. To identify with the purity of Self, beyond the complications of the non-intuitive mind, is to be innocent and joyful.

A holy man died a physical death and talked to his Divine Presence as God. God said, "What did you do down there?" "Why did you do this and that?" The holy man said, "I am You doing this," and so he was liberated

into Self-Realization. This is His song and its translation. Sing or chant it for at least eleven minutes. It helps to activate the pineal gland in the center of the head, thereby centering you in your Presence.

"I am Thine, in Mine, Myself, Wahe Guru
Humm-ee Humm, Toomm-ee Toomm, Waahay Guroo"[13]

Purifying Power of the Violet Flame

Of tremendous benefit is learning to visualize an intense violet flame originating from above and flowing into and around the body. **Feel that "I AM the purifying Violet Flame consuming all lower emotion, thought and desire, replacing it simply with the liberated presence of the wonderful, tangible, alive, Violet Flame."**

Keep the sense of the violet flame as dynamic, alive, rich, inwardly moving; as light, refreshing, instantly dissolving pettiness; without limit, all-powerful, eloquent and self-sustaining.

This is so freeing. It brings forth the grace of forgiveness and the light of elevation, a Divine gift to yourself and others that you can apply at anytime.

There is only one way that you can instantly step out of the effect of karmas – step into a higher octave, a higher frequency, whereby it is all recognized as a play of the soul. In this arena, Love is free to work anywhere. From that place you can requalify your response, so that you no longer create the karma. Then you dissolve the previous effects in the violet flame. By remembering this victory, whenever you are faced with similar scenarios, your victory gains greater penetration and grounding.

The violet flame voraciously and firmly held is such a wonderful uplifting experience, so vast in its domain of application, that destructive thoughts and images can be dissolved before they have any chance to take root. Incoming disturbance can be dissolved and replaced by the captivating attention upon the violet flame, before such disturbance can even picture

[13] Pronunciation: "Wa" of Wahay is pronounced same as in Water. "Hum" rhymes with "sum" as in addition. "ee" rhymes with "me". "Too" of "Toom" sound like the English word "too"

itself in our awareness and thus capture our attention. Use this flame in all sorts of creative ways, such as blessing your cup of drinking water upon arising in the morning.

Love, containing everything it needs, has the capacity to show you what you need to know and brings the effect of your creations back to you not as a backlash, but in the wisdom of what you need to grow. The eloquence of the violet flame, purely applied as Love, can do this, freeing you to simply remain in your higher Presence.

The violet flame can protect you from negativity, by dissolving its charge instantly while helping you to remain in a place beyond reactivity. Thus you do not give ultimate power to outer circumstance, but rather to the higher Presence.

In dreams where your behavior was not what you would want it to be, call forth the purifying violet flame when you awaken and dissolve any charge of disharmonious feeling. Go into some particular scene in the dream and feel yourself silently and eloquently radiating the love and clarity of the violet flame. Re-create the dream as a blessing, because it is a chance to use the violet flame in yet another area of your life.

The violet flame is so powerful because it contains the definition and action of the red flame, totally aligned to the cosmic perfection, which is the directing blueprint contained within the blue ray. Together this makes violet, which is a doorway to a higher frequency, a Divine harmony, a world which recognizes the Ever-Expanding Perfection and thus fearlessly sees without judgment.

Use of the violet flame allows you to remain in your own Divine Presence, free of the imposing presence of people and situations wanting to draw you into a limited framework. The number of times its use has graced my ability at remaining clear are beyond measure. The quality of the Violet flame is freedom. Use it for your freedom!



The Invincible Four U's

These simple postures align the subtle and physical energy bodies, thereby helping to overcome weaknesses of many kinds. Do each one for up to eleven minutes, with a one or two minute rest in between (lying on the back).

Keep a full deep breath going throughout each exercise, using the breath to help your mind stay present in the posture. As you become more adept, pay particular attention to opening the spine. Feel energy coming in through the legs and arms, mixing in the lower and mid-spinal region and then flowing throughout the body, so that it feels whole and connected. At times apply a mhula bhanda (see chapter six). Keep the posture as still as possible.

After a few weeks or months of practice, forget about the breath and instead focus on keeping the posture as still as possible, while the mind continues to draw energy in through the limbs as before. Do not move a muscle. This transfers awareness to the subtle energy aspect of your body, whereby you can quicken, smooth and refine energy with your mind. Spiral the energy deep into the bones.

1) Lie on the back with arms and legs pointing straight up, feeling their subtle extension into the sky. In particular, draw this cosmic energy through the legs into the lower back. Relax any tension in the body, feet separate, shoulders relaxed.





2) Lift the legs up and over the your head, so that they are parallel to the ground. The arms are also extended flat on the ground behind your head.

3) Sit up with legs straight in front of you, arms straight (parallel to ground).





4) Stand up, bend ninety degrees at the waist and let the arms hang straight down. Concentrate on opening the spine, starting from the tailbone, open and vital. Spread the shoulders apart, so there is a feeling of opening in the upper chest. Shaking in the muscles is a cleansing of toxins and the nerve channels.

For the full benefit, these posture are to be held perfectly still. Pain will come, let it burn out. This practice brings the ability to do with less sleep and food while giving maximum output. It regenerates the body from its burdens, helps release the charge and blockages of past cellular memory while clearing the meridians. Excellent for the lower back.

Emotions and the Breath

Any work with the emotions will use the application of breath, consciously or unconsciously. This is because breath is the integrative tool of the emotional body. **When you freely breathe into your cells the energy of what you are feeling, then you can stand under the source of your feelings and understand. When you do not take a separative or reactive stance, you are free to choose your response in love.**

The importance of applied breath to cleanse, quicken, balance and still the bodymind cannot be overemphasized.

Getting in touch with suppressed emotion, or in any application of the breath, the mind is not left to wander. "Stay focused in what you are doing" is a maxim that will give success to yogic practice.

It is particularly valuable for people new to meditation, as well as those who must bring their minds to rest after a busy day's activity, to learn breath techniques. Rather than trying to quiet the mind in a ceaseless battle of thought, it is wiser to harness the energy of the mind and direct it. This is best done through techniques such as breath work and/or mantra, which redirect the mind into deeper channels.

In spiritual development, an energy is never suppressed, including the ceaseless activity of the mind. Instead, it is transmuted, directed and deepened. Doing this, if you persist, always bring forth the silent and peaceful state of being, reflected in the same faculties that earlier were restless.

Conscious use of the breath gives a medium by which the mind can burn off its restless energy, a handle by which it can be felt and directed. This handle comes through using, not suppressing, the mind; for instance, by charging the breath with a particular feeling, such as a smile.

Pranayama

Pranayama is the disciplined use of breath. Skillful use of the breath starts with breathing properly and fully in everyday life. This means breathing so that as you inhale, the diaphragm moves down and the stomach area moves out. Simultaneously the lower back also inflates out on the incoming breath. As the lower lungs fill up, then the upper chest expands to complete the breath. Exhale easily and fully. Practice long deep full breathing often so that it becomes your normal way of breathing.

As the diaphragm and muscle of the torso relax and release tension, it becomes easier to breath fully and deeply. As the breath slows down, the entire body becomes more synchronized and strengthened. This translates as greater health and harmony, a sense of inner command, connectivity of thought, image and feeling. Of great importance are the subtle feelings and attention with which you "charge" the breath as it moves throughout the body.

Intensified breathing practice detoxifies the body, removing some of those toxins through the lungs. As you become more fit and clear, you are able to work with longer pranayama practice and with very specific techniques, drawing large amounts of prana and oxygen into the body through the breath. This extra intake of energy is mixed with the vital substance of the body and transformed into a higher frequency of prana that sustains the body in wonderful ways.

An adept can so charge the body and its subtle centers that the body becomes suspended in this refined energy field. In that suspension, you are very "awake," and thus it is easy to transfer total awareness into the subtle body.

Releasing habitual constrictive tendencies and steadily working with the subtle application of breath and visualization prepare you for the inwardly received initiation of opening the body's inner spaces. The death

of your limited identity quickly ensues. The welcome presence of your spiritual guide(s) strengthens the etheric space of your discovery. His or her reflective wisdom helps ensure the effectiveness of this awakening, without falling under the hatchet of doubt, or into the trap of spiritual ego, or losing the simplicity of existence.

The wisdom of a spiritual guide is invaluable in giving the radiation to elevate these practices from circular explorations of the bodymind to becoming a bridge leading to spiritual transcendence and maturity. This radiation is simply your own experience of applying what you are learning to do. A spiritual teacher can assist you through the intricacies of your karmas, helping you to navigate your course and constantly returning you to yourself, that you may understand for yourself and thus gain greater freedom and mastery.

Conscious breath becomes twenty-four hour a day awareness. This does not imply that you become self-obsessed, unable to breathe relaxed, easy and without notice. It means that the breath becomes naturally long, full and relaxed. It means that your breath automatically responds as part of your sensitivity. This is something that is cultivated through conscious practice of breath in a meditative manner.

Much more information on pranayama, including dozens of specific techniques, is available in the companion Yoga book.

Pranayam for Sensitivity

Sit with a straight spine. Hold the hands in front of the chest in fists, except for the index fingers which are straight. The right palm faces down and the left palm up as the right index finger is placed on top of the left index finger, crossing in the middle segment. Keep a light touch, so that the knuckles do not get sore.



Inhale long and deep through the nose. Exhale, slowly, through puckered lips, directing the breath at the tips of the index fingers, taking about fifteen seconds to exhale all the breath out. Feel a tingling at the fingertips. Yawning is natural as your energy is internalized. The eyes look at the crossed fingers.

Continue for ten to fifteen minutes. Then inhale deeply and hold as comfortable while continuing to look at the crossed fingers. Relax the hands after exhaling and stretch them overhead for a minute or so. Then inhale again and hold, tightening the muscles throughout the body. Isolate different muscle groups. Exhale and remain sitting for a few more minutes, feeling the benefit of the kriya.

This kriya builds a soft core of prana in the body which is very healing and uplifting. It is excellent for overcoming depressive bouts, after a day at the office, or simply as an uplifting practice. Tensing the muscles (after finishing) draws the soft energy created from the practice further into the bones and tissues; this a super health tonic!

Regular practice facilitates an intuitive sensitivity to minute changes in the "feel," or electromagnetic field, of your environment. This may indicate weather, earthquake, or mood changes in the area.

Hydrotherapy

A great on-the-spot cure for heaviness, feeling lazy, depression, too much energy in the genitals and emotional upheaval, as well as a great tonic for the entire body, is COLD WATER. The best is to jump in a stream, lake, or ocean. Lacking this, a cold shower is the next best thing.

Bathing in cold water immediately enhances circulation, moves old blood and alerts the body. Stay in long enough to feel yourself getting warm in response. Obviously a lake with icebergs in it calls for a shorter duration than a shower. The stronger you are, the longer you can stay in the cold water.



The secret is to rub yourself all over with your hands as you are getting used to the water, particularly around the chest area. As you are able to relax in the water, feel a warm red light through your body. Sometimes tense your muscles for a few seconds, apply mhula bhanda and then visualize the red light before getting in the water, so that

it is already in your awareness. Getting your head wet as well really clears the brain. Afterwards rub yourself briskly with a cotton towel.

For women on the heavy days of their moon cycle or later in their pregnancy, avoid more than mildly cold water. Do not go in cold water if you have a bronchial infection or weakness. For people with weak hearts, monitor yourself appropriately as suggested by a doctor.

Do not stay in so long that you are not able to feel warm again after a little activity. Also, your stomach should be empty. While a cold shower or dip is great before a yoga set or meditation, it is not recommended for at least fifteen minutes, preferably longer, after a pranayama or a dynamic workout.

At the previous turn of the century, sanitariums existed where ill people would come to rest, be in the sunshine and eat healthy food as a means to strengthen and recover. One of the treatments was using cold water selectively applied to various parts of the body for five to fifteen minutes. A number of centenarians have stated that their regular dip in cold water keeps them healthy and vital for their age.

Almost daily swims in the ocean or a river, even in winter, have become a regular and enjoyable part of our day. It gets rid of soreness and creates strength in the body. It helps in overcoming resistance, not just to getting into cold water, but in other areas of life as well.

External Heat

Hot baths, while relaxing and beneficial at times, on a daily basis are weakening to the body. For a person who does not exercise, meditate, or practice any other means to release stress, a hot baths might be the best alternative for that person. However, for a keen person, a cold shower is much more strengthening, as well as stress-releasing through its tonic effect.

Saunas are great, especially in colder climates. The secret is to get in cold water right after the sauna and perhaps one or two times in the middle. A sauna opens up the circulation, so the alteration of hot and cold is invigorating. Do not let your head overheat, i.e., pour water on it during the sauna. Always finish a sauna with a cold shower or dip.

It is generally not a good idea to do a real dynamic yoga set after a sauna, although light stretching is fine.

Healing Warmth

The generation of internal heat is a potent part of yogic discipline. There are several types of heat. The heat we are all familiar with is the metabolic heat from exercise, which is great, as it gets everything flowing.

There is also a toxic heat in the blood. To get an idea of what this heat is like, imagine hugging a person who is hot, yet feels toxic. This type of heat is common in many people, a result of detoxification. Do not feed the heat with further toxins, such as junk food. What is being broken is not just the toxins, but the emotional attitudes and lifestyle which brought the toxins into the body in the first place.

As toxins are cleared, the underlying heat of the body, a *shakti* heat, can be purely felt. Imagine hugging someone who is very warm, even hot – that heat feels really good. Shakti is the pure energy of the body; it can be either hot or cool, with different people creating the mix inside their body that is reflective of them.

Pranayama, particularly where the breath is held in or out, creates a heat in the body that can be easily directed with the breath and the mind. This type of warmth creates an energetic support, quickening the cellular structure to the intake of subtle energy; it feels really good as well. It helps awareness of the spaces inside the body, such as the chakras, organs and bones.

Shakti heat enhances intimacy within the body, thereby empowering connected visualization. As the subtle channels of the body become clear, this type of practice can become very potent at bringing prana deep into all the parts of the body and refining the body to a greater responsiveness of spirit. The body is felt from the inside out, rather than from the outside in.



There are many tantric visualizations geared towards the generation of what is called psychic heat, or *tummo*. In these practices the prana brought into the body through visualization, or with a combination of visualization and the breath, is mixed with the sexual essences of the body. That mix creates a subtle heat in the body. This subtle heat, besides the many benefits of its own, aids the yogi in further effortless concentration within the body.

For this type of meditation, the practitioner must be able to keep the energy from the second chakra qualified as an essence nourishing the whole body and thus contained. The crown center on top of the head must be open. With the crown center open, the hands and feet are next opened by visualizing an inflow of positive energy. The subtle inflow from the crown center is the primary governing factor; this is mixed with upward flows from the base centers.

After much practice, the whole process becomes second nature, even automated by the innate wisdom contained in the body. As this happens the attention is absorbed in the subtle nectars being released from the head centers, then the throat centers. These essences are mixed and absorbed in the body and brought into all the subtle channels, such as the fusion channel and the spine.

In the process the "pearl" of attention does not fall from the crown into the body. Instead, just as in regenerative sexual practices where the semen is contained and the energy from it is circulated, likewise the precious pearl of attention is held in the crown and its radiation shared throughout the body. The same containment and circulation process occurs with the subtle activation of the throat center as well. In the process of doing this, at some point there is an innate inner wisdom that guides you, like you are being meditated upon. The mixing of these nectars (soma) with the sexual energies (ojas) creates both a delightful heat and a refreshing coolness, like sitting in a pool of very clear refreshing water.

The psychic heat generated is more than hot flushes through the body. It brings the practitioner intimately into the inner channels of the body, which results in an incredible grounding of spirit and matter.

In all cases of generating psychic heat, an internalization of passion is used. In all cases, the practitioner must be able to integrate and internally contain the energy for success. Absorption in a mantramic name of God is sometimes all that is necessary to bring forth this activity of the kundalini. Many transformative practices, when practiced with the correct subtle understanding, will generate this heat.

A Yogi practicing austerities of internal heat, known as tummo or tapa practice, must first have the microcosmic orbit open and able to remain in a state of emotional balance. Because the forces manipulated are strong, any emotional need becomes magnified and neurotically suppressed or

exaggerated. In short, its full practice is for those yogis who give spiritual sadhana the utmost priority in their life, for they will have attracted the necessary knowledge and transmissions.

A less intense, but effective, practice is imagining internally a fire in which you sit. This is a good way of purifying yourself of old thoughts and energies hanging on to your energy field, bringing clarity of mind. Visualizing or feeling the fire element can be qualified in two different ways, depending on what is desired: either a sense of warmth and vitality being absorbed into the tissues, or an intense fire dissolving all obstructions and limited identity.

Running in place, frequent dips in cold water, regular pranayama and kriya practice, along with self-control over diet and the ability to refine the sexual energy, all create internal heat. Along with this heat, there needs to be a cool energy of the earth within the body to balance it, absorbing its strength into the organs, bones and psyche. Cool energy is unlimited and soft, gives internal understanding and is vitally important for a mature sadhana and a balanced personality. Cool energy is generated through surrender, cleanliness, communion within the earth, patience, calm behavior, not holding on, a neutral mind, feminine balance, a relaxed whole-body awareness and deep, silent, peaceful, aware meditation.

Life is Equilibrium

As you become more integrated, your emotions are perfectly balanced. Any feelings of entrapment or limitation dissolve into the expansive equilibrium contained within the heart of your soul. This equilibrium brings mental calmness, inner and outer peace, loving existence and etheric creativity. The internal scope of the soul is beyond description – this in itself is higher emotion.

Equilibrium is the heart of what you register as your deeper existence, for it is in the stillness that you observe and notice the vast extent of your Soul.



Christ Walking upon the Water

Jesus the Christ was and is a being who awakened his image within eternal consciousness, who physically penetrated that awareness into our collective reality. *"Jesu,"* as he is known by some close to him, helped many in ways unknown. For this he received the inner sanction, the inner blessings of those already awoken in our collective light to bring forth the eternal body here in physicality. Thus he was a model, a radiation, to inspire others in the same process. His work is helping to bring through a new dispensation, a new way of being, whereby certain areas of resistance, strongly holding sway in the mind of humankind, are lessening.

Christing is a development which comes to exist on a planet, more and more often, in the process of its humanity awakening. In our full Christing, we bring forth our eternal awareness into a physical body. Every atom of such a body is held and qualified through eternal spirit and thus is beyond decay. To do this, you must overcome all lesser tendencies of qualifying your eternal existence otherwise. You cannot qualify your body as undying if you have not found the consciousness that is the power to do that.

The prerequisite of your Christing is to achieve Buddhic Consciousness, whereby you fully awake in your subtle body of light existing above the head, formed of pure self-radiance. Your subtle seed karmas take root in the *Buddhic realms*, most often unseen for what they are until manifest into physical existence. Ultimately, it is these distortions which keep you bound in life and death.

Each person in achieving their full Christing must also hold their Light amongst the winds of ignorance. Start right where you are at present, take hold of your life, bit by bit and make it responsiveness to your ever-present eternal spirit, learning how to walk on the water of emotions.

If you want full Christing here on earth, start by living your truth right here in physicality. That means speaking your truth and moving consciously. That means creating alignment and harmony, as well as knowing when not to bend an inch. It includes all the nitty-gritty of life, as well as the effects it has upon us. It is a great skill to which we are all aspiring. **The masters will lead you into your karmas, not out of them,** so that you can gain your own mastery. You must gain your own knowingness, as spirit, of your

eternity, cultivating your ability to stay awake in all of who you are, as a creator! If your only image of divinity is that of another, when called to stand for yourself as spirit, you will simply lose consciousness and must begin again. No one can do it for you!

You gain Buddhic consciousness through awakening as spirit in the higher realms, yet still you must make the application of penetration into physicality. This always involves the collective consciousness. It is the permission and grace of the Mother that you need. In a Buddhic awareness we are free to do whatever we want, but are not necessarily free of limitations. If you like, you can decide not to come back into physicality for a million years. That is okay; the universe can wait forever. You can play a certain game for eternity if so desired. It is your desire for fullness, for excellence, for freedom and Love that drives you forward. Experience gives wisdom in how to apply yourself. Through service you gain growthful insights and blessings that are more valuable to your soul than all the gold in the world. Consciously serving the collective evolvement is part of the application in gaining your individual Christed freedom.

The whole process is very dynamic. On one level all is known, but the details can work themselves out in many different ways, according to the choices we all make.

It is not the power of any one being, but the power of Oneness, which runs this Universe. We are all of that Oneness. Why not awaken to it?



Some Early Experiences

Over a decade ago I was sitting in the living room of a friend, looking at a picture hanging upon the wall. It was of a well-known saint holding the Earth, as if it was his child. I wondered to myself, "Where is this person, whom so many people of our western culture worship?" I observed an essence arising from the picture and in the projection of my mind's eye, a being stood before me. I looked at him and understood that in his essence-focus he was on the planet of Venus. After a few moments I said, "So that is where you have been hanging out, you scoundrel," in a joking manner. Then after another moment, I realized that I was not being very respectful and I said, "I Love You." He looked at me deeply and said, "No you do not." I objected, saying, "Yes I do, I really Love you." He looked at me deeply again and said, "You cannot Love me, for I am Love itself, just as you are, as I know you work this way." At that moment I understood the greatness of this soul, the revolutionary work that he did in the streets of civilization long ago. I also understood the Reality of Oneness beyond worship. The consciousness of giving and taking vanishes into the crisp air of clarity.

A few months after beginning Yoga and meditation practices for the first time and having moved into an ashram, I had the following experience. I arrived home late from work and was tired. As I was doing the Kriya of Five Sounds, I was so tired that I was wavering as I was sitting. I soon found myself lying on my back, legs still folded, continuing to move my fingers to the rhythm of Sa-Ta-Na-Ma (the particular mantra of this technique). Shortly thereafter, I unexpectedly flew upwards from my body. From near the ceiling, I looked at my physical body still lying on the floor with legs folded. I glanced out the window and noticed that the scene had changed to a very grey atmosphere of a beach with a few doves on it. It was the sense of a beach amidst World War II. In the corner of the room there was a presence of energy that was composed of the most incredible fear. It was so great that if experienced in a physical body, I was certain it would result in death. I screamed, but no sound could come out.

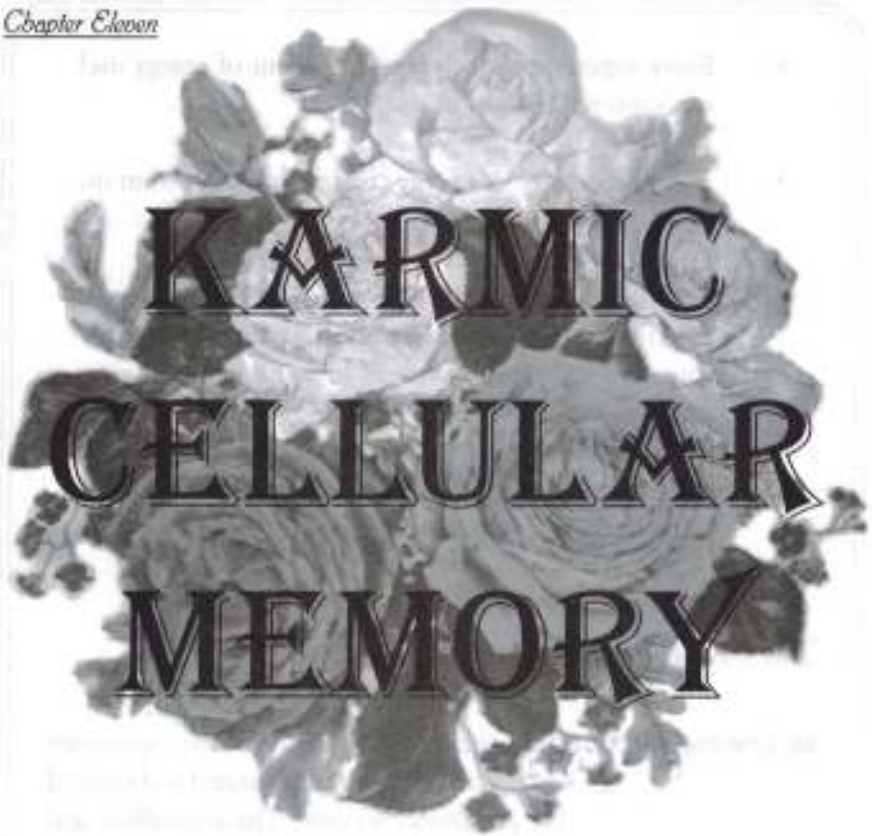
I tried to get the attention of a Yogi friend sleeping in the next room over, but he could not hear my astral plea. Then I remembered what I was doing. The sound current of Sa Ta Na Ma was still going through my head. I looked calmly at the energy still floating as a black cloud in the corner of the room and said, "You are God too." At that moment the fear, although still present, became for me an experience of tremendous bliss, incredible bliss. I slowly floated back into my body and lay there, paralyzed with the amount of energy cursing through my body; it was a few minutes before I could move again. Only a few minutes had elapsed.

From this experience I realized early that fear is only what we create, that literally everything is God. It is only our own illusion of separation that makes it otherwise. This energy was the energy of a dark warlord in the fifth dimension, yet for me it was a source of bliss.

When you are
One
You have Won!



Chapter Eleven



KARMIC CELLULAR MEMORY

We carry the sum of our experience in the living cells of our body.

This is what we call *Karmic Cellular Memory*.

- Every experience involves a movement of energy and consciousness within us.
- Every movement of energy creates emotion within us, whether slight or engulfing.
- Emotions exist on many levels. Lesser emotion is imprinted upon higher emotion and is temporarily forgotten upon experience of higher emotion. Lesser emotion is made possible because of higher emotion, but the reverse does not hold true. Higher emotion is the pure reason for creation itself. Lower emotion is the forgetfulness of pure creation.

<u>The bodily imprint of emotion carries:</u>

an Emotionally felt component : A reflection of the experience and of how you have incorporated and evolved that experience to date. The immediacy and eternal moment of the Heart.

a Formative aspect : The initial and ongoing underlying wisdom and guiding force for this experience taking place. Forms the integrity of the etheric body.

a Crystal Aspect : The particular facet that the highest expression of this experience gives to your being and to others. Can be communicated through the mental fabric.



As you change, so does the nature of your emotions, both present and remembered. In your evolvement, limiting emotional charge disappears, leaving you free to mould yourself into your Divine Image. Furthermore, your experiences become a part of the ever evolving wisdom of the soul.

The *energy in motion* of emotion enhances connectivity to life-force, thus aliveness. People need constant emotional stimulation, literally, to remain alive within their physical body. That presents no inherent problem, as there is a very rich source of it right within each one of us – the wonderful feeling of our presence and its interaction within the Oneness. Problems start when, not knowing your own light or the nature of Oneness, yet still needing that stimulation, you become neurotic or covert in obtaining it from others.

This need can become so great that discriminating the source of emotional stimulation becomes a secondary concern. Part of becoming consciously conscious is refining your awareness to the point where you know and feel your aliveness beyond the need for gross input. Then you are better equipped to feel the sublime emotional experience contained within the vastness and wholeness of creation.

The Living Play of Emotional Memory

In birthing emotion you create a magnetic charge, which qualifies, moves and even creates energy to fulfill the qualities inherent within the emotion. This type of magnetic charge is vastly more intelligent and complex than the simple push and pull of a regular magnet, yet like a magnet, it attracts and repels your world according to its nature.

Your Presence, as well as the emotions you play upon it, always register a subtle imprint in your body and your environment. The magnetic imprint of your past continues to influence you in the present. It will continue to do so as long as there is any charge hidden within the imprint, demanding its attention. While the unresolved past activity may have been long forgotten, the effects still shape your attitudes, how you carry yourself and how you experience all that life has to offer.

A memory is never a static experience, just as time never stands still. You can evolve the imprint of past activities at any time, by getting in touch with it, seeing what you would do differently and creatively changing your response as desired.

This is the conscious approach. The unconscious and typical approach is that the past imprint continues to re-create itself again and again, albeit in different clothes, until you finally notice its activity within yourself, evolve it and re-create those images.

It is all part of the soul-magic which integrates new wisdom into your self-image. When a person actively enters spiritual growth, all sorts of "stuff" comes from out of nowhere and stands before them demanding resolution. The more the practitioner grows, the more this seems to happen. Logic fails as to why difficulties should present themselves, yet the inner wisdom of the soul is in command. Just "go with the flow," and never be afraid to see. The lessons to be learned and the healings to occur must be genuine and complete.

In dynamic yoga and meditation classes, I tell people, "As you get into this yoga, emotions will come up, challenges will come forth." Feeling so good from the elevating practices, many do not believe me. Yet a few weeks or months down the line, it all starts coming out. Some say, "Hey, when I do that chant, a part of me is yelling inside to get out of here, to drop this." It is called resistance – if you want to evolve, it must be looked at. For some, they would rather fall back to a "safe" activity, like "coffeehouse yoga." So to repeat, when you start getting inside yourself, keep going!

Sometimes a past occurrence will play itself into the present with much phenomena, such as illness, unfair situations, or strange dreams and no concrete clue is given as to what it is all about. The wisest approach is to keep up with the best frame of mind you can. For it is this very interplay of your new frame of mind into the old one that is neutralizing the charge of the past memory.



When it does become neutral, you enter into a clear and perfect understanding of it all. Hug and forgive, inwardly rehearsing your new response and sealing it as part of your "new" existence. Everything that has occurred to bring forth this resolution in the clarity of this new moment then makes perfect sense.

Memories Build on Each Other

Old unresolved emotions will surface wearing new clothes. This is nature's way of bringing it into a present time scenario, where you can directly relate with it.

Thought is a seed which takes upon itself all other related thoughts to create a sphere of influence. If you penetrate to the nature of any thought that supports an undesirable sphere of influence, you have an inroad into the whole bundle and can consciously radiate a higher consciousness within the middle of it, changing it. This is the inner work of creating a new and better life. The use of the Violet purifying flame is recommended to cut the psychic power of all that limits you in doing this.

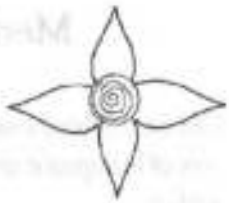
Reflect that each feeling-image-thought is related, in some degree, to a myriad of other similar occurrences, interconnected in countless ways, ad-infinitum. As the subtleties of interconnection become more and more illumined, the sphere becomes infinite, like an ocean constantly folding in upon itself, to yourSelf. This is a cosmic glimpse of reality beyond conventional limitations of time, yet still flowing, breathing, existing as time itself, without beginning or end.

The core of an experience is like a kaleidoscope, forever changing its presentation depending on how you see it. However, to connect with the experience you must bring it into reality, into a definition of the moment. An experience can only be defined *by and for* the active moment.

> Visualize yourself standing in a pivotal point, from which awareness expands to include what you need to see of the past, the consuming and elevating wisdom of the moment – the I AM and a projection into the future – your confidence. The circling sphere of how the past can influence you reshapes and elevates itself according to how you take command in your alert awareness – which is always in the Presence of the Present.

You may become aware of how a past experience plays its theme through various forms and circumstances right up to the present. By remaining awake, creative and remembering who you are and all the faculties at your disposal, such as visualizing the Violet flame, you remove all the sleepy pulls of the past and enjoy the eternal refreshment of the moment.

Creating Each Other



How we see situations and people actually helps shape the way that we and they are. We literally help create each other.

To illustrate, a man came on a retreat for the first time. He complained at the first instance of pain, slumped at every opportunity and did not feel that he had the ability to succeed in anything. In fact, he was afraid of applying himself. However, within this person could be sensed a certain mastery, a strength combined with a kind nature. We are all so many things and, through the course of providence, we experience ourself in many ways. This person in a covert way actually encouraged people to put him down, so as to reinforce his desired feeling of weakness.

Underneath the outer facade, I could only see a strong person, so that is all I would tell him. I would not accept his masquerade of weakness, because I saw his underlying dormant strength. Through constantly bringing this image into the subtle atmosphere, it helped this person, at least temporarily, to accept his strength. As he does so, he has the opportunity to heal why he created this weakness in the first place, which in this case was a fear of misusing power. Through seeing other powerful people misuse energy, over several lifetimes, he was afraid that he would do the same. The positive side is that he had no desire to misuse energy.

In overcoming these self-created difficulties, he will gain greater identity in the light, where these fears will no longer be an issue. In the meantime, I believe that his approach served him for some positive purpose, such as emphasizing some other necessary development. Hidden emotions, unveiled, become a food to consume in the laughter, in the glory, in the beauty, in the penetration, in the Ever-Expanding Perfection of your soul. Every experience in some way, through some sequence of time, eventually serves your awakening. Sometimes it takes millions of years, sometimes seconds.

Your body is a living storehouse of memory. Your environment, interaction with others and quickening, coordinated through the timing of your soul, serves to bring forth these memories. The world around you will mould itself like clay to further serve this purpose. Your challenge is to create and recreate your world in the continually new light of radiant freedom. In such a positive approach, you become positivity itself and help others to be just that.

Cleaning House

As you embark upon the spiritual path, there is a "house cleansing" in which unresolved issues are stimulated for the opportunity of growth.

Little can be seen in a dimly lit room. Turn on the lights and voila! Dynamic exercise is a great way of turning on the lights. Consciously applied breath increases presence and voltage. Meditation skilfully carries that light into the previously unseen depths of your being.

As you keep up a strong, dynamic practice, you come to know the meaning of karmic cellular memory. How graceful, dramatic, slight, or consuming it is, is up to you. A hint – the more transformative work you do, the more graceful the whole process is.

Do not think that you can simply make one little decree and that is it. When all is muddy, dark and damp, you will be asked to look at the bright side, to keep reaffirming your higher outcome. Decree, breath, sound, light and activity, consciously applied and overseen with the invocation of the higher-law of happiness, forgiveness and love, will turn the darkest basement into a brightly lit room.

Neither can a cookbook formula be given. As an example, someone may have a lot of judgment towards anger. That judgment can interfere with their ability to "move" energy at times. It may be necessary for that person to learn to express anger before they can see the root of those judgments. Yet another person may need to learn to control a fiery disposition, so as to recreate themselves in a higher equilibrium.

Develop the habit of using transformative techniques to remain positive amidst difficulty, maintaining enough voltage to penetrate and see what you need to see. There are degrees of the process. Some people go so far and that is enough for them – perhaps next lifetime. For a practitioner of *Eternal Yoga*, however, that is not good enough. There has to be a real willingness!

Dynamic yoga, exercise, breath, meditation and fasting are tools you can use to go forward. For me, "yoga" is what you do with all these tools. If you use the techniques to strengthen your meditation into the radiance of your pure being – then it is a yoga. If you use it to overcome resistance, obstacles and to find and re-create yourself in *Higher Consciousness*, then it is yoga. If it is simply a technical affair, a way of boosting energy for outer

manipulations, a sport, a hobby, a social activity – well that is great, but it is not yoga.

Use the tools of meditation to go within and learn the wisdom and truth of all experience. Gain clarity through learning from each experience. This clarity is being the Self, *knowing that you are being Self*, which is beyond any instance of particular creation. From this vantage point, there is nothing you cannot know. It is only a matter of **applying** yourself to awake in that aspect of creation. You know what you need to know when you need to know it. What eloquence of the soul!

Without awakening in the realms above the head, it is impossible to create an eternal body, no matter how much pranayama you do, what foods you eat, how much you meditate, or what you decree. Awakening in the realms above the head, you have obtained the victory. If you want that victory here in the physical, then you must apply the greatest yoga, the yoga of providence. That yoga is remembering yourself as eternal, as the light above the head blessing you, organizing your world to support your victory and bringing forth its priceless grace.

That application is a consciousness. If you want it here in the physical, it involves what you eat, your practices, decrees, what you do and what you think. The big difference is that these activities go much farther than simply wanting to stretch the limbs, run faster, or have more energy. They are a cooperative effort of your soul to gain greater awareness within your body. They are applied in the remembrance of your spiritual sovereignty, as an application of your qualitative power to re-create and harmonize your world within the fabric of collective awareness.

Here is a touchstone. If you think the Self is yours, i.e., "my Self," you are deluding yourself. If you think the Self is not yours you are disconnected. When you move out of the limitations of the personality (thinking totally in this way), you are free to experience the sublime emotional vastness and wholeness of creation. You are then free to simply be the Self, which is of the Oneness.

Simple, pure, regular practice of meditative techniques bring you to the state of mind where this can be easily experienced upon deep reflection. The challenge, once you know this freedom, is to live it and remain free.

As we mature, we do not carry judgments in life or move through life accumulating unresolved emotions. We are conscious, awake expressions of the Divine play. This is Purity.

The Movement of Love

Every movement or emotion has its root, however hidden, in Love. There are ultimately only two movements of Love in this universe – the Love of individual Self Radiance (Love manifest) and the Love of Oneness (Love itself).

The Love of Self is born from the manifestation of bliss. There is a great Light driving every spark into Self-discovery, into the awakening of its individual Radiant glory. God, Love, All That Is, can only express itself through an expression, i.e., an individual existence. This drive for experience gives us substance, gives us a body. When the Love of individual self eventually becomes distorted through separation, then at some point the pain of this distortion, combined with the remembrance of what Love feels like, causes conscious movement into the Love of Oneness – the eternal home of our being.

The process of turning around is "finding Oneself in the Perfection of Oneself." It is then that the healing of all limitation into wholeness is required. In moving back into awareness of Oneness, a great light is generated which thereby illumines our path.

This continual process of self-definition and entering the Oneness is a universal flow, embodied as countless entities and universes. It is a foolproof cycle, unbound to the limits of time. Truly, no soul can forever be cast out of Love, for each is contained within it as the core of existence. **The seeds of return to Awareness of the One are Love itself.** This cycle is reproduced in large and small instances. When a soul has awakened, it becomes the light which other souls, other aspects of itself, seek.

Karma and Clearing Karmic Cellular Memory

Through desires generated in a state unaware of the "Oneness," unconscious interaction is generated. This is the definition of Karma, which is unconscious or semiconscious interaction of any kind.

Karma is activity in ignorance of harmony with the greater light. All unenlightened activity must find its resolution and thus completion. That is, it must either be evolved into a harmonious expression of the Oneness or else dissolved.

Every thought, emotion and activity must ultimately find fulfillment in its highest expression and harmony. Bringing your totality, the sum of your experience, under the living flame of your Christed awareness means that every thought is harmonized into a conscious acknowledgment and manifestation of the harmonious expression of Oneness – your Higher-Self, the true meaning of your "I AM Presence."

For example, how can a memory of, let's say, getting drunk, fighting and being abusive find its place in this harmony? By acknowledging where you were then, where you are now and the *Ever-Expanding Perfection*. By seeing how everything ultimately serves you. By being pure Love without judgment. By understanding the hidden pressures of that time, realizing that now you are anchored in the knowingness that nothing is greater than your commanding power. By learning from that experience and by penetrating into that memory, the state of your present being.

The planes of consciousness upon which a thought evolves are determined by the nature of the thought itself. Each successive elevation of a thought paves the way to greater refinement and eloquence in our overall emotional experience.

Emotion imprints itself into the tissues of the body. In time, the body molds itself as characterized by the emotions that are remembered in it. Freeing up movement in the body will thus naturally bring to the surface the emotional content of its tissues. This is a valuable application towards spiritual growth.

The clearing of imprints that you no longer desire is the CLEARING OF KARMIC CELLULAR MEMORY. It is a most important and challenging step to becoming radiant and really happy. Any limited thought which does not support your greater consciousness is examined and changed. Getting in touch with your issues requires a willingness and self-honesty before any real growth can occur.

An effective spiritual discipline embraces and purifies that which arises, so as to make further incarnation in that limitation unnecessary. Using meditation to block out emotional issues, such as those experienced in relationship, will only succeed in organizing a future time or lifetime in which such events will again be brought forth. Unresolved emotions are remembered deep in the body and continue indefinitely to look for ways to project themselves, until they are elevated.

Spiritual discipline brings the experience of expansion. In this reframing you move from the shadows to the radiant core of consciousness itself. Expanse does not come from daydreaming. Expanse comes through polarizing the aspects of the body and its consciousness, within itself, on a higher frequency of harmonization and vitality. This creates a tremendous vastness, in which you literally step through the different dimensions within your very bodily existence. It is literally the raising of the kundalini. Contrary to some misconceptions, the kundalini of the body is risen and *stabilized* with both feet firmly on the ground.

Spiritual discipline purifies you of toxins and releases your attention from petty thoughts, letting your awareness rise to the heights necessary to gain a clear perspective and see everything as light, pliable to your greater purpose.

You must feel emotion honestly, acknowledge it, express it if necessary and move to the point where any charge within it disappears. This is not ignoring the charge by false transcendence, or hiding it in some other emotion, or burying it deeper into the body. It is knowing that you are a multidimensional being in which emotional experience, light or heavy, is an inescapable consequence of your creative power and sensitivity. You are forever creating your mood, qualifying the nature of your Presence as happy, sad, at peace, or in turmoil, every second of Eternity.

To see more deeply into yourself, enter the space of neutrality from conflicting or limited emotion. To do this, you must inwardly be in a place of balance. Unbalanced, unresolved and unreleased emotion is a charge which pulls you out of that equilibrium. Emotional charge is only released through becoming conscious and evolving your emotional response to a higher level.

Emotional release does not necessarily imply emotional healing. Release of pent-up emotions is vitally important as part of the healing process. But even more important is your evolution to a state wherein you no longer need to create unbalanced emotion. This is your responsibility; ultimately, your emotional state can not be blamed on any other person. The spiritual path has no sympathetic shoulder to cry on, less it become diluted.

Through the equilibrium of emotion, you may consciously participate, without distortion, in the higher realms. Equilibrium of emotion is the calm sea upon which we walk to the view of eternity. Experiencing this joyful eloquence brings wisdom. You have then earned the ability to bring forth this Love to every opportunity that presents itself for fulfillment.

Imprinting Your Extended Body – The Earth and Your Environment

Your every response is recorded in the physical and subtle body tissues. Subtle memories live beyond the disintegration of the physical body, influencing your future embodiments. A thought is eternal and does not go away. It only changes form as you evolve it.

Your physical body is the visible pinnacle of many subtle embodiments which are coordinated within it. The images and experiences of each life are a living light which actively influences your present embodiment. Common to each embodiment is your eternal essence, a pure deathless flame of consciousness.

From within this primal and supreme consciousness, it is possible to re-create your life, even your body. **It is a fundamental awakening to discover your identity not as the body, but the living light within the body, which you qualify to shape the body!** What an incredible freedom – to experience the very physical substance of your body as the light of your eternally flowing presence.

When you identify only with your physical body, you forget the depth of what this body is. It is more than Joe, or Pete, or Nancy... The physical body is a collectively created vehicle of expression; in other words, a cosmic template. There are not five billion or so on this planet – there is One body. We all create each other into the path of evolvement for our collective awakening.

Most are asleep to this reality. Those who are awake to their existence in the Body of the One no longer create the experience of death, or veils of separation concealing the fact of their eternal creative presence.

It is a miracle beyond description that life exists simultaneously on so many levels, in so many realities, in individual and collective realities. Within every point – literally, within every atom – exists the singularity of the entire universe.



Every thought you have imprints itself upon the individual tissues, upon the bones, the blood, the organs. Every thought also imprints itself within the earth, which is an embodiment of our collective existence.

Within the center of earth lies our collective light, which radiates to the surface, evolving into and through the various ethers of the earth. The nature of your feelings record themselves on the surface membranes of these ethers, just as they are remembered in the tissues of your body. Most emotions of mankind never penetrate deeper than the first inner region of our earth, where they are recorded on what I call the *etheric-emotional membrane* of the earth.

As the inner light of the earth travels through these membranes, it is modulated by the nature of the experiences recorded on them, like a piece of movie film in front of a projector light. These images reach the surface as a magnetic picture of the scenario involved, attracting forth those beings involved in its making, until it is resolved.

That which illumines the frozen mass of your creation is the mind. The mind is the illuminating light of consciousness. Perhaps the mind is simply the infinite presence-light, slowed down a bit, frozen a bit, but not too much, so that it can move faster than the more solid objects of our existence.

Those who follow the mind to its point of origin report that the mind has a source that is like the light of a million suns which never stops shining. Some report that the frozen mass of our creation and our Eternal Radiant Presence is all the same captivating reality. As long as we try to separate creation from the creator, we cannot experience the only miracle called GOD, the Oneness, I AM.

The mind is simply what you make it to be! This is what your Soul is. Apart from this, individuality does not exist. Nothing exists, save for the qualitative power which we are. From this power, everything exists. God is the infinite source of our existence, the Light that never stops shining. We, as the expression of God, are the qualifying power of that Light. **This unlimited qualifying power is your *Soul*.** Those who want to find themselves have to know themselves as this, not mistake themselves for the qualifications. **You can only get there by being there.**

It is all One. To find the One, be somewhere, that way you can be guaranteed that you are in it. God is everywhere; be somewhere – refine, purify, exalt, surrender and you will find that point of everything right where you are. This is Yoga, this is spirituality which leads to Universal Brotherhood. This is the Secret of Secrets, this is What Is. Tantra does not seek truth, rather it is about becoming truth. Truth is everywhere and Tantra is

about Becoming. When you become *cause* alone, then your effect, your radiant imprint, is always formed of the higher-self emanating that cause. Nothing can stain such a person who has achieved cosmic liberation and temporal majesty. The very atoms of creation bow to such a being. Glorious and forever blessed would we be to glimpse such a Perfected soul, soul, soul... We are soul.

Understand that you imprint our extended body, the Earth. The Earth remembers all of who you have been upon her. Your vibrational impact is registered in your environment, your personal objects, the air you breathe and within the crystalline structure of the Earth. This imprint in the crystalline structure programs the Earth to re-create unresolved conflicts time and time again in your life. To foresee the future, read the imprints of your past actions.

If you wish to create a different reality, then you need to re-create your impact and change your existing images in your tissues and in the tissues of the Earth. To become aware of the impact that you have created in the past and present, turn within and examine your creation within the clarity of stillness. In your meditation, visualize yourself going into the earth, shine a light and take notice of what you see.

Every thought of a gross or discordant nature is a pain to Mother Earth. If you wish the grace of the Mother, seek forgiveness first from the earth herself, for you write your destiny upon her.

To heal yourself is to **literally** remove blockages of the earth's life-force from its core to its surface. Becoming conscious of this, you become an agent for the healing of humanity, in the process awakening to your existence within the body of the Earth.

Clearing Group Karmas within Oneself

In your growth, at times, you will become aware of group situations and attitudes of which you no longer want to be a part. However, your previous participation has created a momentum that continues to effect you through the psychic influence of the group, particularly if it resists the change you represent.

Facing these difficulties is part of overcoming the karma of that participation. Becoming conscious of the subtle nuances allows you to get right into the root causes and, from that wisdom, recreate yourself in greater freedom.

This clarity requires the release of any reactivity, while not missing the opportunity to demonstrate where you stand, to clear yourself once and for all. In this situation, you may choose to "take on" the group karma, to embrace it while never losing your higher meditation and, while purifying yourself, present the subtle opportunity for others to also take this step. **In helping others to overcome collective resistance, you overcome your own resistance.**

This subtle activity is not a parade of righteousness, rather a love that keeps on emanating in a difficult situation. At times it may feel like keeping a flame alight in a pool of mud. From a subtle viewpoint, it is possible for a single enlightened soul to momentarily overshadow and clear many, many souls, thus giving them a subtle feeling of what freedom tastes like. Through skillful outer activity, the yogi helps those souls to notice this subtle freedom and cultivate it as their own. However, upon the first instant of a soul wanting those karmas back, it is done. We all have so much power hidden in the nature of our thoughts.

In moving towards freedom, you automatically heighten a subtle activity in all who are connected to your auric field, in some form or another. You should pay attention to the small details in life, such as the strangers you meet, the type of thoughts that cross your mind and your dreams. By catching perhaps a silly, passing, or defiant thought, or observation that feels timely, you can place it firmly before your inner eye and trace it back to its source. Frequently in these endeavors, much help is given from various Masters who have long gained their freedom from situations not unlike your own.

Visualize high above you your higher self, constantly beaming down support, insight, love and elevating light. This activates your higher mental body, which is necessary to get to the root of any situation. By *consciously* moving into that Presence, **as the solution,** the auric field of the entire situation comes into a peaceful resolve, elevated and recreated into a new eternal moment.

The change will have to be held amongst all pulls and attempts for the old situation to re-create itself. This is done through resolve, decrees,

appropriate communication, moving energy, remaining clear and continued use of the activating presence from above. While the inner victory can occur in a few minutes of conscious activity, it generally takes at least forty days for residual karmas to be burned through. This is a time of testing. Regarding the subtle image of that scenario imprinted within the earth, all concerned will still be present, but your image will show that healing, free of any reactive charge.

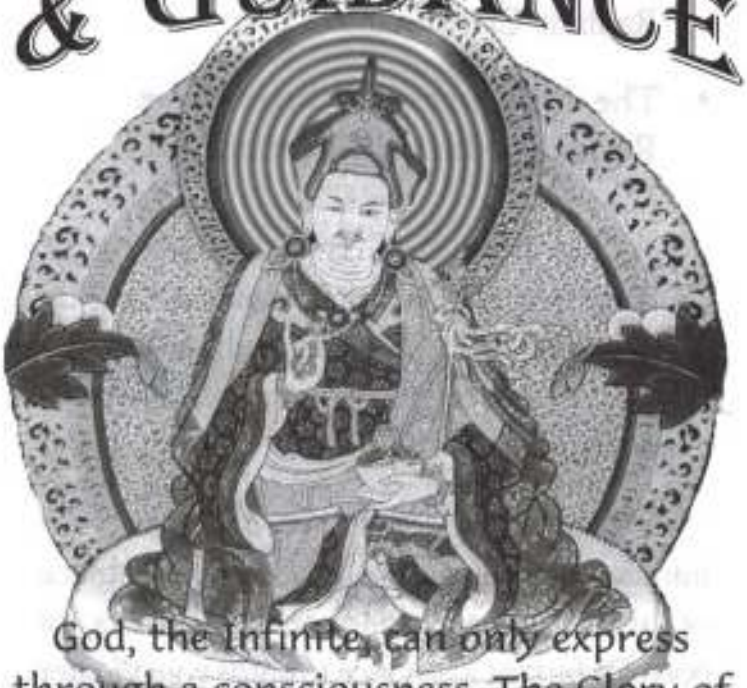
You may receive energetic kickbacks of resistance from other members of the group, but it will be felt as an external energy. It is your choice to coach the others through their resistance or else ignore them in transcendence. If a person is able, strong enough and willing to help a fellow soul grow out of the same scenario, usually they will, because it is a natural response of the newly freed flow of Love. This help is not bound to any self-righteous sense, only to the wisest avenue of spirit, so it has the necessary patience to wait, sometimes prodding a bit here and there, until each soul is ready to want for themselves a greater existence.

When you no longer have a reactive or limited response to a karmic scenario, have learned its lessons and can bring forth love – you are then free of the need for further activity of that kind.



Chapter Twelve

PERSONAL DEVELOPMENT & GUIDANCE



God, the Infinite, can only express through a consciousness. The Glory of the individual lies solely in this fact.

The power, wisdom, truth and love inherent in your light is the attunement that you, the individual, have with the infinite Perfection - the One God that is the core and existence of your very being.

Spiritual Self Development is a process of continually taking responsibility for your condition. This evolution of becoming consciously conscious occurs on two fronts:

- **The Practice of Remaining in Self-Radiant Clarity.**
- **The Refinement of Interactive Response, through Relationship.**

As an individual, this is totally your challenge and responsibility. How you develop in these two areas determines the possibility and success of all other spiritually invoked experience.

Once you have shown through self-initiated activity and poise the sincere embrace of this Self-Responsibility, then the doors are open for further assistance towards your greater fulfillment from those Ascended Masters who desire to see you consciously Radiant and Happy – in the Love that You and They Are.

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Attuning To and Purifying Inner Awareness

Personal development in earnest always starts on the inner and from that vantage point, harmonizes and evolves your outer reality.

Vital to beginning spiritual self-development is *connecting* to your feelings, to your inner voice and to your inner vision. Direct your attention into the vast and subtle dimension underlying the 3-D world of the outer senses. Otherwise, how can you know yourself as unlimited radiant spirit, or even solve the more complex enigmas of life?

Build the required penetration of wakefulness, through meditative practice. Gain liberating insight into any limitation within you that does not want to see, to hear, to feel the effects of its activity.

Learn to focus a meditative awareness centered within the inner sanctums of the body. By holding such a focus with feeling and vitality, you activate a greater radiant flow of light and prana deep within the body. This supports an inner wakefulness and the containment necessary to keep your attention from running away with the outer self. Developing this connectivity empowers your visualization into a conscious force having definite, tangible results.

Staying alert and attuned to the subtle field of activity within the body reveals the deeper currents of all your interactions and activity, greatly enhancing your effectiveness. This feedback helps direct your attention to the appropriate avenue of forward momentum, expansion and awareness. It lets you know when something is one-hundred percent yes, or not right, when to look deeper, to address a certain issue; it allows a much deeper level of interaction both with yourself and with others.

The multiplicity of life becoming the complexity of life requires you to reach up to a place of harmonizing simplicity, a higher state, a peace which can guide and oversee your domain. The wonderful soul-elevating silence rich with the radiance of your Divine Presence is that simplicity. All doubt and distortions are seen against such a backdrop for what they are.

Being able to stabilize the sense of your Divine Presence as governing all your activity, thought and feeling is the Victory of Light. I have found the conscious outpouring from my effortless Divine Radiance to be the fulfilling joy of my life, beyond the confines of the intellect wanting meaning, or lower emotions wanting stimulation to feel alive. To grow into this

reality, the help of both external and internal guides, older brothers and sisters, is wisely sought and valued – because they have both the radiations of that state and the wisdom of how to reach it and maintain it, not just in the subtle realms, but right here on earth.

Learning how to listen to inner guidance comes first from entering the silence in which it is born. Purifying the inner voice comes through constant application of decree such as *"I AM Clarity,"* and then feeling that state. Purification of the inner voice is greatly assisted by the yogic techniques of dissolving agitation through skilled direction of the breath, movement and stillness. Purifying the inner voice occurs by listening to what it says, always guarded and alert in the "symmetry"[13] of higher attunement.

Guidance through the Grace of Oneness – I AM

The help of a guide is invaluable in bringing forth the feeling-radiation of where you are going. This however cannot replace making your own sincere application to get there yourself. It is somewhat like a friend who shares his joy of a wonderful mountain which is his home. He shows you pictures, inspires your dreams and trains you to become fit for the journey; he even shows you how to climb up rocks and overcome obstacles. Yet it is *you* who must walk every step of the way, overcome every obstacle and do all the training of becoming fit.

When you do your best, dynamically, the Ascended Masters who feel you doing so have the permission of the **Law of your own being** to give you further assistance, as appropriate, along the way.

Understand that it is a Divine Law that "real" Divine assistance cannot be given to one who does not want to grow, who does not make the effort. This is not for any other reason than the simple truth that it is how you qualify your own life-force that determines your world. Without qualifying your presence as a sincere call to and attunement with elevated energies, you cannot bring forth those energies into your life. The call that you make is part of your own deepening of attunement. When you really

[13] The symmetry of attunement refers to the fullness and balance of energetic awareness that radiates in a symmetrical fullness in all directions through and around the body temple. In this example, it particularly refers to the fullness around and above each side of the head in symmetry to a line extending straight up from the head. This assists the proper grounding of the higher body of light into the physical body without distortion.

want to connect, to call forth, to see, then you are applying yourself towards that deepening.

This process of growth purifies any limited concept, thought, or feeling that distorts the pure awareness of your Divine Presence, I AM. The encompassing flame of your divinity knows at all times an excellence of expression in the Oneness – called "being yourself."

Light is the visible aspect of your Presence. Say you are walking down the street and you feel the presence of a friend. Seen through the subtle eye, the presence of your friend can be seen as light. That light, as well as any other subtle phenomena, is being birthed from that presence. Your own presence is also a light, in fact the universe is filled with the light of presence. This connection of Light and Presence is very important in becoming consciously conscious. *"I AM Here, There and Everywhere."* Wherever your thought resides, in that place, or space, your presence is present. Awakening to this gives you the keys to the universe.

The Light beyond duality is equated with being consciously conscious, of being simply and omnipotently in your Eternally Divine Presence. Light is the creative power, the outflow, the manifestation of your Presence. This universe is created of nothing but Light, for there is only Oneness. The universe is literally made from the Presence of consciousness, qualified into all its attributes.

The only darkness that exists is your own denial of the Light, of your divinity, of your infinite possibility. In such a self-created prison, you are surrounded by the forgetfulness of your unlimited presence, of the freedom which, knowing no walls, can conjure anything. To break free, you must realize that you are the Light and then apply it, to overcome every shadow of ignorance, bringing forth the brightly-lit mansion of your Love Radiance.

In a particular life thousands of years ago, I was thrown in a dungeon in Mesopotamia. It was not a pleasant place, filled with the groans and difficulties of such an environment. However, my spirit was strong. On a soul level, I created myself into that scenario to be with a person who was a spiritual teacher for me at that time; he had been previously thrown into the same dungeon.

Being in such a dreary place would dampen the hopes of most, especially if the outer reports no escape. Yet my companion and I used the opportunity for the spiritual practice of "meditating the Perfection." We

created that dungeon into an ethereal palace. It became so strong that within a few years, events arranged themselves that we walked out of that dungeon, free. The real freedom gained, however, was spiritual.

More recently, I was exploring the mystical darkness found in the entrance to the higher causal realms. This realm, which I had first entered, consciously, a decade before, I call "the gateway of purity." Because of further growth, I was able to discover for myself that the only place in the entire universe where darkness truly exists is in our own forgetfulness, or denial. Even this place of mystical darkness, the veil which it is, the "black hole" as some call it, exists only because we live in separation. As the full unity of one's being occurs, this mystical gateway disappears and there is only the qualification of our presence – its Light. Form and formless, spirit and matter, are the same. Without being fully awake in both, you are not truly awake in either, because you are not yet based in the essence of yourself as the qualifying principle of creation, which is what wakefulness is.

Purification of outwardly or inwardly created distortions is something that everyone continues right up to the full physical demonstration of their Ascension.

The physical Ascension means that you have penetrated the domain of your awareness to include the physical atoms of your bodily expression in the sustaining power of your eternal consciousness. You then are fully awake within the family of the One, whereby form and formless have no veils of separation.



A Word about Finding Yourself

Finding yourself is not discovering what you are to do in this life. That is wonderful, but do not mistake this as the victory.

Finding yourself means that you are able to remain in the simple radiance of your own Presence. Learn how to be still and to move from the majesty of that stillness. This is God. In such a heightened awareness, your eyes are open to see and your heart to feel the Oneness that is the source of all, which your Presence forever radiates. This is the enlightened state before any tendency to requalify it with the outer ambition. This process of requalification can happen so fast and automatically, by our habit, that the enlightened state underlying our entire existence is never noticed.

Guidance does not come, in a pure way, before its time. When you can move in a pure sense of timing, anchored from the silence, then, when the spontaneous movement of perfect timing comes forth, you "act" without resistance and with the fullness of your presence behind you. The timing of an occurrence, in the world, is often a complex interaction of many different energies and qualifications. The time between the subtle initiation of your intention and its physical manifestation involves, most of all, your ability to hold the energy of that intention as it works out the details of its outpouring.

There are many levels in which you hold your intention. It is a skill, whereby you learn to work from your higher light image above the head, which many call their "I AM Presence."

In the process of awakening from a dormant to an active awareness of the Oneness, it is impossible not to have interaction with those already awakened within the Oneness.

The light, which each of us purely radiates, makes up each other and blesses each other. The Ascended Masters are you! Their light literally makes up you. Your awakening, your radiant expression, is a joy to them and awakens something more in them. This is the Oneness!

Higher tantra is communion with, reflection with and blending with beings in and of the Oneness through the refined body of awareness. The first step is purifying and harmonizing your own body, thoughts and feelings. In this refinement, you stabilize yourself to ground and remain aware of the inner light, in all levels of your being. You actively call on this light, through decree, feelings and visualization to ground its unlimited ability, tangibly felt in the body and then tangibly noticed in the activity of your outer world. Your reality becomes an outpouring of the inner light.

Purify your Inner Guidance

As you become sensitive to your inner guidance and awareness, you must purify it. Actually, it has been operative all along, influencing you; now you are just more conscious of it. It comes not only from the many dimensions of yourself, but also from the presence of various beings and activities of which you are a part. This purification is the inner work. It is addressed

from many angles, such as emotional responsibility, visualization, kriyas, honest relationship, invocation, decree and meditative awakening.

A good way to create difficulty for yourself is to give power and credence to a psychic revelation, just because it was received from within. Everything must be examined and penetrated, eventually into the effortless self-radiance where distortion and doubt dissolves. It is often wise to stay contained in the experience of your inner revelations, letting things unfold so that you can see the greater picture.

Being able to discriminate the value of guidance, inner or outer, depends on your own sensitivity, clarity and sincerity. The saying goes... "Like attracts like."

Remain in Your Own Essence

While I repeat the following, in essence, throughout the book, I will say it once more in point blank terms. **You must establish a relationship with your own light in order to enter relationship with others in the Oneness.** When an unaddressed neediness, covertness, or doubt in yourself comes to the fore and you are not established in your light, there is a tendency to draw on others, even subtly shaping others in the way desired to draw upon them. This does not create a comfortable relationship with others in the Oneness.

The reasons that keep people disempowered on a subtle level can become an active resistance, suffocating the subtle energy field by taking it over and keeping it at the same level of not seeing.

This is not necessarily the same as having difficulties. I know people in tremendous difficulty with whom I feel very comfortable sitting, physically or in the subtle body, assisting however I can in the Oneness – because on a primal level they are established in their own self-feeling. In contrast, it does not feel comfortable to sit with someone who is not established, first, in their own presence. Not only will such a person want to draw upon my light, but they will, subconsciously, want to further qualify my light to support their own limitations. As that would be at odds with my own purpose and freedom, sitting in such company feels neither comfortable nor desirable.

God Guru Self

This is the equation applied since antiquity to Realize the Divine State. For the complete and balanced equation: God, Guru and Self are all the same and equal *Oneness.*

God is everywhere and everything; until we are somewhere, it is senseless talking about it. Being somewhere implies a self-consciousness. God, the unlimited, the Oneness, can only be found as and through the Self. Penetrating into "I" is the way of awakening this clarity.

Guru is an eastern term meaning "spiritual guide." A person, having realized their own divinity, is then able to help others realize their divinity. In return for doing this, the guide gets more practice at applying themselves, thereby growing into greater cosmic awareness and completeness of their own being.

It is a common spiritual practice to meditate upon the energy of a realized being. By so doing, you attune to the radiations of what it feels like to be in that state and can then apply that feeling towards getting there yourself.

This has long been recognized as one of the most effective and practical methods of spiritual attainment. However, it was never meant to degenerate into worship, or the belief that another being will do the work for you. It also has its trappings. For example, if you look to the guidance and radiations of a being who is conscious in only certain rays, then that bias will effect you as well. This is a very, very common situation today in the spiritual arena.

The value, relationship with and function of a spiritual guide has become confused for many, particularly as previous approaches must be let go, or evolved into a new dispensation. For example, quite a few teachers have come from India, some with genuine techniques, wisdom and radiation to share. However, in the process of promoting themselves, the image comes forth that they have reached the supreme realization. I would say that none of the well known teachers who have come to America have obtained the fullness of the physical ascension, let alone the cosmic victory. If you go to India, it is easy to see the tremendous corruption that has befallen the classical devotion and technique of Guru-Disciple relationship. This neurosis has simply been transferred to the west as part of the teachings brought forth. It suppresses development of pure intuition and the understanding of the I AM Presence.

I believe that a teacher must take a strong stand at returning each person to themselves, to face their own trials and gain their own mastery. In that way, the presence of each party comes into a relationship where they can truly work together. In my own enthusiasm, I previously did a lot of inner work for other people, clearing their energy. Through experience, I found that this is only of temporary benefit to people. Now, this type of work is only done to the degree of creating enough clarity to see the issues and return them. Still there are times when a lot of clearing is done, but it is totally orchestrated by the Oneness, so it benefits us all.

In truth, there are Masters who are every bit worthy of great veneration. But the plain fact is that they do not allow people to worship them. They value each person in their own divinity. This I speak from personal experience with such beings.

Each culture, each land brings forth its spiritual gift. **The spiritual gift that the west will bring forth is the teaching of the I AM Presence.** It is the wonderful union of the inner and the outer.

The guides and teachers of this new dispensation are the beings who have thus achieved this total union of inner and outer, to the degree of having a fully Ascended body. Having been in retreat with such beings, having achieved the ascension to the degree of being able to remain free of unconscious entanglements and learned how to apply my higher body of light **towards** its fuller expression in the physical, I am able to share some of the process and create the environment for those who are ready to enter a deeper relationship with the Ascended Masters. **Service to others is simply doing the most conscious activity at any one moment;** this application serves me as well.

Step by step, each person moving towards their awakening will attract teachers and companions who are appropriate for that level of activity. As enough people reach a greater clarity, they smooth the path, to some degree, for others who will travel it. Being in a room of clear, empowered people feels much different than being in a room full of people living in confusion.



Part of this new dispensation involves the active use of clarity to dissolve and return to their sources the suffocating grasp that so many religious leaders and teachers have created through a manipulative use of subtle energy. Each time a person speaks and lives their clarity, this freedom occurs. Those who are trained in it and work within the Oneness are able to do this work in ways that effect millions of people.

Guru is that which tangibly reveals what Is everywhere and everything. In a pure sense, Guru, or the Divine Guide, is one who knows themselves as their Divine Presence. They are given great reverence, because it is the same reverence that you give to your own higher Presence. It is the activation of a subtle field of activity made conscious.

While the True Self is God and Guru, for most people the limited sense-oriented self is what they are conscious of, consisting of physical sense experience, memories and fleeting moments of intuitive cognition of the universal reality.

Until the spiritual aspirant activates themselves and experientially grasps the reality of God in Self, then the equation of God, Guru and Self will be hopelessly lopsided and unworkable. To gain this realization, the student must faithfully apply the techniques and directions of their spiritual guides, with the burning of desire that awakens the Soul within. Once this truth of God in Self is understood, there is the maturity to fully embark upon the path of the Tantra of the Beloved. It is the great equalizing principle of the Universe, the only hope for true peace amongst ourselves.

The experience of self is a vast outpouring of all that is and contains within it the Perfection of Being, clothed in the feeling – I AM. Self is the unlimited power of creation, of qualifying the universal unlimited potential into existence. God as a feeling is the inherent harmony of infinite expanse which needs no reason, existing everywhere, as the Oneness and as You.

Truly the greatest danger a soul will ever face, one which everyone does, is that the little individual self is used in the equation of God, Guru and Self. This pollutes and dilutes the Eternally Radiant Flame of Self, which is the freedom and fulfillment of every Soul. Regaining this clarity of Self is the spiritual path, your Divine destiny.

Awakened Beings as an Agency of Awakening

When a person develops a relationship with their eternally radiant image above the head and gains the skill of bringing forth that light into their life, their Presence becomes a transformative and quickening radiation for others. The more such a being is consciously conscious of the whole process, the more experience they have of all the ins and outs of application, the more they will be able to transmit that radiation to others, both inwardly and outwardly, while simultaneously maintaining it within themselves.

For those who want a "Guru," I suggest the following exercise. Still yourself and visualize the word "Guru" timelessly resting above your head, floating in an ethereal space, its light constantly pouring in through the top of the head and surrounding you in a sphere of light. Let this light have a clarity, like water. Hear its sound, as if eternity is contained even in the space there is between "gu" and "ru." In following the current of sound spoken as Guru by one of purity, such as in your pure application of this exercise, it points to the activating awareness of the higher Body of Light, enlightening above and below as One. This exercise will help you to understand that it is all within, that it is here you will gain your victories.

A being who has applied themselves in overcoming some of the same difficulties you face can help you, in practical and transcendent ways, towards this victory. Such a being can serve as a guide along the way. Again, there is a natural reverence, even an unspeakable Love that often develops in such a relationship, but do not confuse it and become unconscious by worship, ritual and disempowerment of your own God-Self.

The activity of a spiritual teacher is beyond ownership of the limited personality, quickening the field of possibility and returning people to themselves – the only place from where they may move forward.

If you want to learn something new, it is wise to find someone who can help you. In spirituality, because of the intricacies involved, the teacher becomes not only a source of wisdom, but a protection, a venue of inner transmission and guiding radiation, someone who makes you feel your sore spots, an intimate friend.

All the while, the teacher is also their own person, growing in their relationship with you, a part of the collective workings just as you are. The Ascended Masters are your lifeblood, your only hope for salvation. The

Ascended Masters are your salvation, simply because your own higher self is your salvation and the Ascended Masters carry the consciousness of this. In such a consciousness it is obvious that no one, in the eyes of the Divine, is above another.

On the spiritual path, guides comes in basically two flavors. A physical person, with whom you interact on physical and subtle levels, or a guide with whom you interact entirely on the inner. A physical teacher is invaluable, especially in the beginning. All the radiations and experiences I share with you through this book exemplify this. However, it would be shortsighted to follow me, or anyone, as the absolute. The Ascended Masters, while possessing physical bodies which they can create or dissolve at any time, do not form a relationship with their students on a physical level until the student is very close to their own ascension and thus able to fully accept their own divinity. The challenge for the student is to come to the Masters, i.e., being able to move about in a subtle awareness with the crystal clarity of radiant spirit.

What we are moving towards is freedom itself, alive in glorious radiance. May I suggest that the whole constrictive atmosphere of disempowered following is replaced by the creative relationship that occurs when each of us makes our own sincere effort, with all the fragrance of our own style. As I understand it, as each makes their spiritual application they will receive, without limit, all the help that they are able to receive.

This brings up another aspect of relationship with a spiritual teacher. It is not like a relationship with your school chums, or physics teacher, because what is being entered is sublime, subtle and often has great ramifications. It does require a respect and sincerity.

Simply put, the Ascended Masters use the fact of their multidimensional versatility to do the necessary preparatory work in preparing a student to come into their own divinity. Before this is chiseled in stone, may I remind the reader that nothing is chiseled in stone. Spirit rewrites the approach, as consciousness dictates.



Sometimes a teacher not yet fully ascended is seen as the "ultimate" Guru. While this can be a powerful tantra, it is also very dangerous. It has serious pitfalls, in that the higher mental body may become activated, but one never penetrates directly into its source, in which both the true Ascended Masters and their own highest image reside. In addition, certain biases from incomplete development will reinforce those same biases in you. It is much better to look upon a competent teacher not yet ascended as a guide in this phase of your life, or a wise friend to be deeply respected and heard.

Remember that it is the purity and application of your own presence, your own growth, that actually guides the nature of spiritual guidance you receive, even from the Ascended Masters, or a voice that you may think is them.

Through personal experience, I can directly report that the Beloved Ascended Masters do not allow people to worship them in their presence. It is a *Family of Oneness*. Those who stress hierarchy have not yet entered the Oneness, the direct experience with the Ascended Family.

Any student who seeks guidance from an older brother or sister, Ascended or otherwise, must learn to surrender the outer chitchat analytical mind and align into the deeper resonance of what is being shared. This is the true purpose of surrender in the student-teacher relationship.

This has nothing to do with giving away your power. Quite the opposite; it is an active entering into the inner source of that power, the venue through which deeper sharing, transmission and insight can occur.

Surrendering outer ambition and the chitchat mind creates attunement and the subtle atmosphere for the inner transmissions of enlightened wisdom. The surrender is also required for the most practical of reasons – so that the student can "hear" what the teacher is saying, particularly important when overcoming blockages.

A spiritual teacher, when seen as the mystique created around the word "Guru," is often given the role of God. Such devotees often say, " 'So and so' is my very heart, my liberation, without which I would surely die." Do not mistake me, it is a genuine feeling. Those who belittle the activating and subtle power of a siddha, or a yogi, perhaps are the ones who really need such a relationship. Yet, in this undeveloped perception typical of devotee consciousness, the image or concept of God in Self tends to fizzle

out, in no way seeming to be able to stand beside and parallel the larger than life image of Guru.

Respect and Love for true spiritual guides need no introduction, for it is a genuine welling up within the heart. Any who have truly entered such a pure relationship know it well. But this is not enough.

In my spiritual journey, I had a teacher whose every word and example I took as that of God. It served me well for a number of years, as I listened to the best of my ability at that time and gained the benefits of what was being shared. Yet this teacher had a very established misuse of power which I could not see. It was my challenge to see this and understand what it was that I was learning on a deeper level through such a relationship. This type of teaching is something you cannot receive until you are ready and able to go that deep within yourself.

Replacing the inner form of your own divinity with that of another is fraught with subtle dangers whereby you can walk right to the door of liberation and not notice it, not being able to see the forest for the trees, as the saying goes. This is because worship in this form has a close friendship with pride and also with ignorance, blinding your insight to certain obstructions of your spiritual freedom. **You have to see the light in you as your purity in that light.** Remember that ultimately every relationship is with the Self and every outer relationship including your teacher is an extension of the nature of your relationship with your Self. Understand where the power lies. You must initiate yourself!

Worshipping another often becomes a means to transfer attention away from subtle resistance that stands in the way of your own Mastery. This replaces the pure enlightening practice of sadhana, which is the only way that the equation of God, Guru and Self will ever reach maturity, with an act of the ego. When this occurs, there is not the appropriate atmosphere, or clarity, to bring home the fact of Self.

Transferring responsibility to the teacher is complicated by the fact that he or she is also a human being with their own karmas to complete and their own providence to fulfill. Many teachers in the world arena are quite adamant about the lack of any personal karmas to be addressed. However my experience shows that this is not the case and has formed a great stumbling block for those beings.

A spiritual teacher who is more surrendered into the Oneness, than to their ego as a teacher, will use the fact of their own human completions and trials as an example to help return each student to themselves. Taking command beyond personality, he or she will fulfill their invaluable role as a Guide to their students.

A spiritual teacher can never be figured out; there is no set formula. Those who want a teacher to be safe are not yet willing to enter into deeper territory. You earn your growth. Vulnerability is required to discover your sore spots. Entering a relationship with a teacher is an act of the heart. It is not something about which you can make a list of pros and cons, but it is something to which you should give a great deal of attention. Some know a certain relationship to be right immediately, others need a while to reflect on it, to see if it is right for them.

Tremendous movement and depth of Love can be liberated in the heart towards a spiritual guide. Love, in the light of awakening itself, is beyond measure. The heart explodes, tears come, angels are in awe, the world is consumed and mantramic songs of ecstasy are the only ones felt worthy to leave your lips. I have experienced this.

Yet if this results in drawing on the light of another, in such a way that you avoid looking to your own Presence as the sustaining Light of your being, can you see how you are missing the boat? The only time it is permissible to draw upon the Light of another is with an Ascended Master, and then only in the same way that you feel your own I AM Presence filling your being.

When your attention becomes fixated upon another person, you are then drawing upon that person's light. For myself, when I feel people who are not stabilized in their own light and are constantly trying to draw on my light, it tends to shut the door for further in-depth relationship. It is a clear sign that this person is not yet established in themselves and lacks the ability to stabilize themselves in the inner work.

When your attention goes inwardly to another, always feel yourself as a Radiance.

The teacher is an older brother or sister and you are in the same boat together. The teacher is, as everything is, still growing. Part of this growth is in their capacity as an agency of the Divine to help others grow, for in so doing, the teacher will uncover parts of their greater providence and release more of their soul Light.

You, as a soul growing into the full awareness of your own I AM Presence, become, through the qualifying power of your attention, that upon which you meditate. It is imperative you meditate on the feeling sense of *Perfection* effortlessly radiating within you and opening the space within you for that feeling to be more and more tangibly felt. **You do your best... the Masters in the Oneness do the rest.**

Guru Gobind Singh's Approach

Guru is the transformative force of Life, the Light of God which Never Fails. It is universal, not bound to personality. It is a tremendous blessing when a human being can carry this light in earnest. It is also very rare.

Guru Gobind Singh Khalsa was the last of the ten Sikh Gurus and is presently known as the Ascended Master El Morya. His approach, through example, was to totally empower people to believe in the inner power and to bring this power forth in their outer activity, to change anything in their life. This mobilized a whole group of people to overcome hundreds of years of oppression within their country and culture. He worked to bring forth a harmony of the action-oriented red ray and the purity of divine guidance through the blue ray. There is no power outside of ourselves greater than our own light. Only in that light can we truly embody the Light of God that never fails.



El Morya's incarnation as Guru Gobind Singh was part of his work in bringing forth awareness of the radiant body into the mind of humanity, preparing the way for a new dispensation. As a step towards that, he broke the devotional habit of looking to another person as the guru and redirected that devotion into a set of scriptures called the *Sri Guru Granth Sahib*, revered by the Sikhs.

This set of scriptures, compiled over several hundred years, then was looked upon as the Guru. Through treating

them as such, the magical agency of one's attention could bring forth transmission and understanding through connecting the devoted aura of the reader with the Masters connected to the sound current of the book. These scriptures, written by saints of many paths and religions, spoke in a devotional tone of simple truths.

The power of scriptures only have the power you give them, by the purity of your own Presence. In the end it all comes back to you, it is all within you and it is you who must bring it out. This cannot happen without the radiation from the Oneness, which is your home. This also cannot happen if you do not walk in the magic of awakening. Through many lifetimes of experience, we practice and gain the benefits of different approaches.

It is a real dance. Ultimately the student cannot place the responsibility of their growth onto the teacher – even if they have given everything to the teacher, for the teacher does not own them. It is each soul's maturing to figure it out. Sometimes a student or a teacher will delude themselves in certain ways. All this, too, eventually will become food for the conquering wisdom which knows itself in every in and out.

All of this comes to one outcome – DIVINE GRACE. It is my direct experience, not once, but countless hundreds of times, that instances of Grace have given me the blessings and growth that would need thousands of years of meditation to equal. Grace of the Guru, the Divine transmission from the Oneness, comes through sincerity within. Guru is the activating principle of the centers above you head! Grace is the Perfection of that Light organizing your world in its higher wisdom. Grace is initiated through sincerity of applying yourself, which brings forth an activity from your higher centers.

There is no guarantee that a guide will deliver you into a certain state. The spiritual process is much too real and down to earth for such fantasies. It involves real work and self-inquiry. The teacher is a help in this way, a somewhat demanding older brother or sister.

A physical teacher's ability to get right into whatever issues are present in a student is invaluable. The candle must be burned from every end. You may utilize scriptures, teachers, guides, practices and so on, but until you activate your higher presence into daily awareness, they are all simply attempts, steps, pointers, experiences, leading to this simple self-acknowledgment. Once this activation begins in earnest, everything changes...

The Integrity of a Teacher as conveyed to me by the Ascended Master El Morya

- To return people to themselves.
- Love is the root of all emotions. Acknowledge this inwardly in every situation, so as to see the God force in all beings.
- Every entity is sovereign. It is every person's choice as to how they participate in a collective field.

Bhakti

Bhakti is the "heart feeling" of devotional surrender. It is opening the heart to the Oneness everywhere. The surrender which bhakti promotes is of absolute necessity, for how can you grow unless you have developed the ability to surrender limitations and open the heart?

Surrender is alignment, which is gained through attunement, intention and sincerity. Surrender into your own heart, into the moment, unto your path. First, you must realize the necessity to surrender, which comes from the intuitive understanding that there is something of great value to be embraced. This is something that "catches" inside of you, plays on your emotions and hooks you into valuing a spiritually refined existence.

The twin essence of surrender is practice. Surrender without growth-filled practice is shallow. Practice without surrender to the Divine eloquence is egotistically oriented. Surrender and practice together make a working sadhana leading towards the Divine Grace of Realization.

Bhakti, applied towards meditative disciplines, is your presence and passion in doing these practices. In the practice of meditative techniques everything is surrendered to the purifying fire of the practice, returning you to the pure simple state within. Experiencing this, you take up the true practice of permeating all your activities with the rarefied essence of Divine consciousness.

Consistent, disciplined meditative application enhances the depth of self-examination, honesty, refinement and quickening. You come to see and evolve your core issues. This worship stuff, devoid of self responsibility and growth-filled practice, is a lower and incomplete form of bhakti. It is a way of saying, "I realize that something (of divinity) is here (inside of me or another), but I do not yet wish to become it (I AM)."

All real practice includes the subjugation or dissolving of the chitchat mind. The heart feeling of devotional bhakti can, if skilfully honed, dissolve the persistent activity of the surface mind and bring you to a deeper place within, where real soul experience can begin.

For some, devotional worship of another person is their self created path into completion, but this would be a true, heartfelt and totally natural occurrence without being forced in any way. This pure bhakti is a cry of love from the soul wanting to complete a unique providence into total blending with its perceived Beloved.

This path is totally unique to the individual involved and cannot be institutionalized, taught, or forced. It can be of great value and is rare in actual instance. It is the providence of an advanced soul who has already done the foundation work, both in this and previous lives, who favors this kind of inner relationship to awaken to the inner realities and serve in mostly unseen ways. There are often many intricacies of energies and entities involved and transmuted through the matrix of the bhakti fire. It is inherently feminine. As a pure element of fire, of longing to belong, it is a powerful component that drives one onward in heartfelt practice, yet tends to give way to a belonging that in no way diminishes the intensity of practice. Even with this rarity, this purity, still, the last steps must transcend that whole play.

No amount of devotion can replace the necessity of doing the inner work. Devotion can be the first steps towards the inner work. However, it needs to be understood from a degree of inner enlightenment. If this approach, because of devotee mentality, is simply copied by one who is not

advanced enough inwardly, then it becomes a dead-end street. It is like water being turned around and around in the same vessel, never merging with the ocean.

The Joy, Love and Blessings of feeling privileged and able to serve your spiritual guides are a Universal attribute. Through the attention you give to your spiritual guides, which includes the attention you give to your practices, your radiance and your desire to spiritually grow, you awaken to a great flow of Love and inner transmission. The bond of closeness that can be experienced with your spiritual guides is beyond the description of words bound in earthly reality.

Role Models

Role models are those entities or examples which personify particular qualities which you wish to emulate. By desiring to emulate these qualities, you are recognizing that these qualities are latent in you as well, just needing to be brought out and strengthened.

In the presence of a particular role model, you find yourself performing the task or radiating the quality more confidently and easily, even opening new doors of ability. What is in fact occurring is that you are overshadowing yourself with the etheric template and radiations of the role model, to help recreate your own etheric image in this way. This is healthy, for a while, as long as you maintain a basic self-responsibility for your own growth. The role model is a stimulus for coming into your own power.

If you hold on to the image that you are inherently unworthy, unable, scattered, weak, or do not know that you are yourself becoming everything you want to be, then you are drawing on the strength of others while continuing to remain disempowered. In this way a person becomes like a leech, which the role model simply wants to shake off.

Always remember that you are constantly giving to the universe the state of your being. Everything is a two-way flow. If you simply want to draw on the energy of another and yet keep your energy in a disempowered state, then that is what you are giving to that person. It would be understandable if the role model may not desire to have an affiliation with you in the ethers and rejects your energy, only confounding your already existing state.

To summarize: the radiations from a role model are best used to help you learn how to achieve the same yourself. You feel something and say, "Wow! I want to learn to do that," attain that degree of sensitivity, internal radiance, connectivity, containment, etc. Then you work on yourself, bringing forth your own light in obtaining that development. It all comes to being in your I AM Presence! Remaining in your I AM Presence, you work with your role models in the Oneness. It is not about drawing, or giving, or taking – it is simply the Oneness – beyond the outer personality.

Everything responds to Love. While surrendering into that state, everything is available to you; all the entities of the universe on some level will cooperate with you, even if they outwardly resist. To surrender inwardly into the heart is automatically to feel worthy without even thinking about it. Keep growing, never giving up until it becomes your habit. Then you create a momentum that will take you through rough times. In a kind of transcendence, you may even enjoy those times, because you are being filled inwardly with an inner nectar of Self-Radiance that shines night or day, sun or rain, cold or hot.

Meditate every day, spend quality time with yourself every day. Not trying to do it all at once or charting goals, rather just do it every day. This way you get out of the mind's ambition and ideas and into the actual practice itself.

Humility

Humility is the willingness to look at every nuance of the self. Humility is the willingness to become, to see, to acknowledge, to let go of limited desire and embrace the radiance of yourself within the Divine balance of the Mother. Humility acknowledges enlightenment not as static, but rather as a continually Graced state.

Humility is the acceptance of the Greater Self or God as the doer of everything, in its ultimate and practical sense. Humility gives no ground for arrogant pride to place a foothold. Humility never allows you to become stagnant and stop growing. Humility does not deny who one is, yet it sees all in the same light of Oneness. Humility is the ability to live, to enjoy life, to be at home in life without false pretenses. **Humility is recognizing the Oneness.**

☆ Alignment – Obedience – Trust ☆

Meditate deeply on these directions given forth by Mahavatar BabaJi, the Great Divine Director.

Alignment brings forth the governorship of your already Perfect Self to dynamically arrange, guide and oversee the events, thoughts and feelings of your life so that you bring forth the Ever-Expanding Perfection. Alignment is an active creation of *symmetry* into the feeling of Oneness.

I use the word "symmetry" because higher alignment literally involves a symmetrical sense of the body's energy, a balance held within, a unity of above and below, a balance and fullness of all the rays and light penetrating into every area. The symmetry of the body's energy held that way by your sensitivity creates the alignment whereby the higher Light fuses, as a tangibly felt reality, into bodily awareness. Many of the techniques given in the companion yoga book help in gaining this sensitivity.

Obedience is surrendering the self-importance of the outer self, thus being able to listen to the wisdom of your higher Knowingness. Obedience involves surrendering all obstructions that you have created towards the perfect flow of your Light. Obedience ends rebellion and ignorance. Obedience is your application of what you know to be true.

Trust is living all that you know in purity. It is residing in the Perfection of Divine timing, trusting in your Victory, trusting in your Light as the Individualized Presence of God.

Alignment brings connection. Obedience grounds the Light of your higher Presence and reveals the Ever-Expanding Perfection. Trust brings forth the full demonstration of your Soul.



Worship the Self as Formless Purity

To worship another person as the "exclusive" image of God is an affront to the soul and a denial of Oneness.

When you strip away the personality and characteristics of each being – what is left? It is all the same. Everyone at their root has a basic quality called awareness. In higher consciousness, there is often a shared awareness, in other words consciousness of the Oneness. In this consciousness there is a Perfection, a Bliss, that seems to know right what to do at any given moment, is able to find that perfect expression through a simultaneous outpouring of many different souls. It is a spontaneous outpouring knowing no limits, a heart of consciousness itself, which some call God. This unity is the One Being and no one can lay exclusive claim to being the only awake manifestation of that One Being. The Oneness lives in all – as All and Beyond.

Observe your own feelings and thoughts. Observe the basic ease of your body. Is your first response to life one of separation? Do you contract thoughts and possibilities into the exclusive reality of your uniqueness? To experience life beyond your particular personality, you must relax the hold placed on your observable reality and cultivate freedom to notice and identify with your joy-felt unlimited sense of Perfection that is always, always reachable from within – provided you make the effort. Then your reality becomes unbounded. The feeling of Perfection Opens the Heart!

The practice of any path requires much effort, not because there is a far away end result that is difficult to obtain, but because it is the surrender of the difficulty of the path into the benefit of the path which paves the road to fulfill your God-created expression.

If you do not notice the benefit of spiritual practices, then why do them? They are not for everybody at this time. They are for those who feel the benefit and who value the benefit, persevering through the intricacy of polishing the crystalline facets of their God-given Soul. **Spiritual practices are for those who value clarity.**

Spiritual practices are an expression of Love itself. Love that can take the stuff from which the world of separation is made – fear, anger and hurt – and constantly transmute them into the simple, clear, happy radiance of a pure being. To practice *Kriya* is to participate in the transmutation of the

universal psyche through the unique process of your individual and ongoing enlightenment.

It is best to forget about ever trying to obtain enlightenment as an end in itself. Instead – Love, be happy, never stop growing! Never stop sacrificing whatever limitation arises within yourself and never doubt the wonderfulness of what arises in you.

Seeking becomes not the creation of faraway ideals, but the capacity to never stop. When you have purified self-judgment and found yourself through internal trust and surrender, then you simply never stop being who you are. Not who you are in the eyes of social consciousness, but who you are in what can never be fully described in words or in the instances of life. Self-expression never stops, simply because it can never be fully described, as it is the *unending* Self.

This so-called spiritual notion that who we are is removed from what we do is to me a limitation, a disconnection from our manifest divinity. What you do is not separate from who you are. What you choose not to do is also a reflection of who you are. Who you are, as the effortlessly radiant flame of self-consciousness, can never be described by what you do – yet what you do is also who you are, itself fragrant of that very flame. Bring forth your activity as a living radiation of spirit – I AM.

I have found that the practice of *kriya* and silent meditation are a wonderful expression of my beingness. They are wonderful tools, wonderful gifts, exquisite ways of enhancing the eloquent experience of my soul. I am eternally grateful for my seen and unseen teachers who have helped me learn these gifts, apply them to quicken myself into the mysteries of the universe and feel my participation in the awakened family. I am always grateful for the sacred transmissions in which I am able to take part, because of the more refined state that these practices and the Grace of my spiritual companions and guides have instilled in me.

Earth is a place of constant change; therefore, consistent meditative practice is required. Spiritual Practice is a Love of Life. It is a willingness to embrace life to the death of all illusion. Amazingly, this only reveals greater life.



Make no mistake about it, if you are to grow **then you must grow.** You can make shows of spiritual attempt, but do you feel it in the radiance? Is there a clarity in the heart? Obtain and maintain the purity of radiance. Every aspect of your life must be addressed – diet, relationship, sex, prayer, sleep, exercise, work, hobbies. Apply radiance into the refinement of your being. Are you in your excitement? Have you found right this moment the expression that fulfills you and others at the same time?

It is not that you have to rush out and change the world, or that you have to change every aspect of yourself overnight. It is important that you are honest with yourself and that you continually refine yourself in that capacity, while at the same time remaining in the effect, or after-glow, that you receive from diving deep into your inner being.

The ease of deeply enjoying yourself is spiritual freedom. You must be able to discriminate what is your happy expression and what masquerades as happiness, hiding disharmony under the surface. It takes real courage to move through the sticky parts of your creation, which have served you in their own way up to this point. Kriyas give the inner experience and voltage to move through these, replacing them with something that radiates infinite intelligence from within.

SPIRITUAL FULFILLMENT CAN NEVER BE FAKED. You may try to cheat in the exams, yet when you finish, the examiner is you, the lesson was you and the next step *depends* on you. It is not something that is attained forever overnight. It is a process, done through practice, through application of the spiritual disciplines – these are the tools of the trade.

Discipline of the breath. Movement of the body in conscious and free focus. Deep absorption into unlimited silent meditation. Fulfilling relationship. These help reveal your true nature. If you are not happy, then why not?

Blessed are those who are lonely, for they feel their loneliness. If you can move in your uniqueness, alone, you will receive the unseen help of the heavens. One day your light will reflect back to you and you will see the wonderful multiplicity of all creation. Then you can never be alone. Being a-lone is being all-One without the "I" of love.

There must be that fire within. That consuming desire to want to experience your spiritual nature for yourself, not just what someone else describes in a book, or as a form of entertainment. Align the outer self to the purity and Perfection of your I AM Presence. This is the only true worship which sets the soul free.



Devotion of Mantra

For those who understand, the guru of mantra is a pure devotion, a movement beyond your immediate personality into the infinite Divine personality.

Sacred mantra creates an inner opening beyond words, beyond the intellect, which blossoms into the tranquil, expansive peace of the soul. Mantra, sacredly and correctly repeated, purifies. It reaches in and gets out the hidden thoughts; it quickens, reflects and dissolves itself into the eternal silence. All this, mantra gives, provided one understands the mantra as the purity of Self.

With this understanding, mantra is called the name of God, the God that cannot be described or given a name, the very Self beyond and within. Sat Naam Wahe Guru!

Entering a passive consciousness, trancelike, unalert and forgetting everything is not the correct use of mantra. Rather there needs to be the feeling *"I AM Om," "I AM Sat Naam,"* ***"I AM the sound I AM making, harmonizing my existence into an alert, nonverbal and expansive awareness."*** Mantra needs to be felt within every cell of your being.

Mantra is like a crystal with all its properties. It can reflect your creation. It can refract into multidimensional existence. It can imprint itself upon you and reestablish your rhythm in every movement. It can generate unbounded energy as a telepathic radiance of the infinite source. It creates doorways and opens transparent awareness of the universe.

Developing Your Own Guidance

Developing your own guidance is the end result of all external guidance. This is not to say that you become independent of all other entities. It means that you come into your own power in alignment with the Beloved Masters of the Oneness.

To develop your own guidance you must know and allow yourself to be capable, more than capable. This will bring forth the capability, confidence and tenacity to apply yourself. It is a total commitment to your higher sense of Self.

One of the first principles of receiving guidance is that **no guidance comes before its time.**

Many people want to know about the nature of the universe, without fully acknowledging themselves as part of the universe. To receive guidance for an unfolding aspect of your life, you must first be in the energy of that unfoldment.

Through commitment, sincerity, honesty and willingness, place yourself squarely in life. A well used proverb states, "Every answer is within the question." However, often the question has a different script underneath it; then, the answer will be difficult to sort out.

Learn to discriminate, to be 100% honest, to pick out the details, to be aware of the guidance that you give yourself or receive from others. This requires clarity, wisdom and purity. Ultimately, all true guidance leads you towards becoming more consciously conscious every moment. More than words, higher guidance is a radiation of that enlightened awareness.

To manifest your highest expression, you need to trust yourself and your timing. If life is not a joy, then understand the lesson so that you may continue, re-creating your direction as necessary. Sometimes desire for guidance is just a request to reinforce particular beliefs concerning an activity that is not yet complete. The situation itself is your guidance. All the seeking in the world will not give you a true answer until you have played out the activity enough to learn what you needed from it. That is why the highest guidance comes from a state of both non-attachment and involvement. This gives high truth, along with the appropriate channel of activity for its interpretation.

Sometimes a sensitive being speaks your internal voice to you. Developing an overly dependent relationship along these lines is problematic, to say the least. Do the inner work of attuning to your inner voice, becoming, in this sense, your own guide. Relationship with another is never meant to replace your responsibility for your own inner attunement, distortions and trust in yourself. As you go within, do not lose your inner tone, your presence; rather, extend its source to originate from your very core. Value your guidance from various Masters and your higher self, recognizing all as "One." This is communion, not channelling.

Receiving guidance is an art of listening, always colored by your perspective. This is not necessarily a problem, because it is this same perspective to which the answer relates. The inner work is the elevation of your perspective. If guidance is not received and valued from the truth of Oneness, it perpetuates people's neuroses and keeps them bound in the framework of struggle. With today's climate of channeling and people following channeled guidance without including and emphasizing transformative development, this is very obvious. Many distortions abound in the commercialized presentations of guidance.

In the process of seeking guidance, if a distorted answer comes, the answer to the situation may lie in being able to see the distortion itself.

Creating a firm foundation of daily meditative practice is vital when you seek to elevate your life by listening to the knowingness which guides you from within. Listening is not a passive affair, it requires your full presence, skillful awareness and ability to respond. To be able to cut through to the heart of any energy is the ability of a Yogi.

Take the time to listen within, to feel the essence, to develop the sensitivity and to acknowledge the connectivity of all. This allows the divine intelligence to flow. These are all qualities which are developed through a meditative discipline. The subtle nuances, openings and vastness of the soul revealed are always given through inner transmission. No book can, by itself, give you the formula for the higher tantras. It is an individually and inwardly experienced growth that occurs through the intense alignment of the outer self into the inner larger all-encompassing Self. This requires sincere practice.

Higher Initiations

The nature of higher initiation is a personal experience for each person, giving them an entry, a taste, an awareness, a knowingness, which is then developed through meditation. The higher openings always involve direct stimulation and activity of the realms above the head and, to some degree, your conscious participation in those realms.

As you commit yourself to the larger view and the self-realization blossoms that there is nothing else to do of any greater fulfillment, you are on the path to the higher initiations. One word of advice is timely – the higher initiations take precedence over everything. You may find your whole life being rearranged, including relationships, finances and environment. At this time it is important to honor the process. It is not a time to place worldly ambitions at the forefront. It is a time to demonstrate trust and prove to the universe you are ready for these higher initiations.

It is of benefit to live in a place of nature, as this will quicken your ability to embody greater amounts of vitality, to fuse this activity into your cells. There are mysteries to be revealed that can only occur when the energies of nature are in command and given a clear field of play. This strengthening is necessary for both the initiations themselves and the future service that comes through a more able being.

Living in a place of nature is conducive to meditation. In nature, quietude and a connective existence serve as the backdrop, rather than the sea of conflicting and lower thought forms that exist in the cities. If you can harmonize yourself to a place of quietude, it is easier to keep a continuity of higher awareness.

Nature helps return you to yourself, provided you have the inner stimulation to stay awake and the wisdom not to fight and struggle with nature.

Dynamic Practice during Times of Intense Inner Initiation

During the intense internal absorption and initial activation of the higher openings, your practice often becomes hours of silent meditation. Experience

has shown us that a balance of vital exercise and active meditations can be of tremendous benefit.

It is the blossoming of our essence that is our destiny, more than any particular activity or creation. Active meditative practice strengthens and imbues the body-temple with Divine Grace. Along with these openings comes a greater awareness of light in the body. Dynamic exercise helps this light to fuse into the cells. This is more important than many realize, for it is a training towards the eternal body and a strengthening of the body to continue in a balanced manner. Your subtle light fusing into physicality is, in esoteric terms, known as the *Kundalini*. When that light is governed from above and the body has been prepared, it is a most gradual, graceful and elevating occurrence. You come to understand that light has substance, has tangibility and the body has become much, much more than it was before.

Meditation, in this yoga, is not meant to be an escape from this world, leaving a shell of a body upon it. There is a great discovery, to be made by each person, of the reasons we created this physical reality and the spiritual potential that it holds for a collective bliss.

Daily practice of elevating techniques and discipline creates the environment for the spontaneous receivership of sacred transmission. Gaining inner understanding through sacred transmission is the only way that a person moves into full Mastery. To receive the higher initiations, you must hold them as sacred above all else of the transitory world.

A simple, well known affirmation from the Ascended Master Djwhal Khul helps center the divine current into the body. This affirmation reflects through the five centers recognized in Tibetan practices – which are the head, throat, heart, navel and below the navel.



Introducing the Higher Mental Body

By consistently feeling your Presence from above the head descending into the body, you develop awareness of your higher mental faculties, otherwise known as the higher Body of Light. This is a subtle image in which you can learn to interact with others, to see, to listen, to know from a higher existence, in which you have infinite elasticity and great knowingness. Becoming intimate with this image of Light opens a greater experience of the Oneness.

Development of this higher awareness is an essential step in bringing forth an Eternal body. In this body of Light you can receive higher initiations, clear through subtle resistance and meet with other beings in their bodies of Light.

The higher mental body is the conscious bridge between your Godhead and your physical awareness. This important yogic development, which is within the range of anyone who sincerely applies themselves while recognizing their I AM Presence, is discussed in greater detail in the companion yoga book (see appendix) and in various sections of this book.

Enlightened Participation and Service as Awakened Love

Spiritual growth addresses every nook and cranny, every obvious and hidden tendency. In such growth you become responsible for how you see every nuance of life. Embrace everything in your field of awareness as being of the Self. This way nothing can drive in the wedge of duality by which you become disempowered. Sincerely practiced disciplines of conscious attention and expansion, honest self-inquiry and interaction with a qualified teacher help reveal the depth of potential by which you may know yourself.

I have found that I grow through participation of one type or another, for this reveals parts of myself to which I would otherwise not attend. Always give primary importance to the relationship with yourself, as you recognize it. This is the "continuity" of applying clear meditative awareness, penetrating deep into your own Presence.

Deepen the relationship with yourself through internal participation with the forces of the body. As the chakras fully open, meditation within the body never gets boring, as there is such richness in which to center yourself and explore. This is the benefit of kriyas and long deep silent meditation.

Internal intimacy with the body gives greater substance and sensitivity to outer participation, which develops meaningful relationships. As all relationship in the deepest sense is with the Self, the internal practices of meditation and purification really do form the essential groundwork.

Interaction in the world beyond the plays of insecurity is driven from the pure enlightened desire of the soul, also known as providence. Providence includes the inescapable soul drive to bring completion to activities initiated in ignorance (karmas), which limit the soul's full expression. Your higher self artfully combines the completion of karmas as a means to uncover wisdom, which serves to actualize its highest desires.

Participation in the world anchored from pure desire to bring about positive benefit is spiritual service, which I feel may be better termed "Awakened Love." This often calls for a sacrifice of limited viewpoints. In such ways you grow beyond the limitations of your personality, while at the same time strengthening your Divine identity.

As spiritual insight becomes mature, growth is obviously realized as intertwined with fulfillment. This adds to the internal feeling of Perfection, which is a gratitude and feeling that opens ever-opening doors to your spirit, ever-expanding the wonderful light of the heart.

Being responsible for the state of your emotions, the state of your energy and the state of your vitality necessitates you to apply pure activities such as meditation in order to maintain clarity. The willingness to consistently embrace life and be vulnerable means that sometimes you become immersed in conflicting emotions. Quickly regain your clarity through applying meditative and vitalizing practices, which allow you to step back and receive the situation. Realize how blessed you are, to do this!

Constant transformative practice, enacted through commitment to your clarity, creates openings of Grace bringing various enlightening experiences. An enhanced clarity of Silent Awareness is the ground state upon which all proper realization is gained or built, to which all experience is surrendered.

To find your place in the world, go to the place within where it is all born. This is the wisdom of the yogis. In truth, life is a journey of the soul.

You may take five years to travel the same path, i.e., obtain the same realization that could be gained in just a few months by simply listening to what your soul wants. For the yogis, everything is the play of spirit, perfectly unfolding each and every moment. A hard working physical job, if ordained by the soul, is a play of spirit. Becoming a mother to a soul entering the world may be another soul's perfect journey. To travel half way around the world to meet one person may be one person's providence. To meditate half the day, everyday, may be exactly what another particular soul needs to do. Simply by slowing down enough to listen and doing the inner work, you gain clarity and integrity in all that is done.

Growth through Selfless Service

Deepening of spiritual development frequently occurs hand in hand with collective commitment and service. The most basic understanding required for any type of real collective commitment is the realization that your every thought is felt by the Universe. **You will give your inner utterances and reflections the same attention as your spoken word when you develop the consciousness that your thoughts are heard by others.**

Service is Awakened Love. Imprint this understanding into your mind; never forget it.

Your primal responsibility is to be in the clarity of the heart. The notion that service is a great and often heavy sacrifice, like a chore that must be done, is a distortion of the true meaning of service. Service is a giving, so there must be something to give. Giving and receiving work hand in hand. By giving, you receive, be receiving you give. When it is all done, what was given? What are the vibrations, the insights, that have instilled themselves into the eternal mind?

Real service is a natural inclination of the soul to enjoy its selfless disposition in order to bask in the Love thus felt. Always, the first responsibility is to Self; in practical terms this means sadhana. Sadhana is active purification and alignment to your Divine Presence – I AM.

Quoting service as an excuse for not meditating is often ignorance of where the real power is. By maintaining a good frame of mind, every act that you do, every utterance, every step, smile, interaction, or thought is an act of service.

Service is participation with others. It can be a vehicle to overcome resistance, to shift an energy, to trust the divine, to heal and release past wrongs and to bring out positive qualities that you never knew you had. For myself, I can testify in hindsight that I have received innumerable benefits traced to spontaneous moments of service. Service is a spontaneous response and the intuitive mind tells you when to help in a situation and when not to, such as when it is interference in disguise, not asked for, or not the best use of energy.

Service is activity not motivated by money or covert gains, but by an inner prompting that this is something good to do. Some focus their awakened Love more outwardly, while others focus more inwardly, transmuting and elevating energies through their meditation and spiritual awareness. Some Yogis become so at One with the primal universal bliss and radiance that wherever they go and whomever they touch is blessed. A person living in their Divine Presence becomes aware of so many things on so many levels. By their commitment to remain clear and aligned to their higher Presence, there is a constant subtle evolvement of their environment and thus a constant engagement in service. Service is the willingness of the outer to serve the inner Perfection.

Whatever the individual avenue, I believe that commitment to the collective benefit, the thought, "May the best happen for everyone," is necessary for full awakening of the heart.



The Channeling Craze

A word about prophetic vision – it is impossible to separate the content of a vision from the person who is seeing it. If someone's life is a mess and they are giving forth vision for others... run the other way.

In regards to the craze of channeling – there is often much distortion involved, because many of these people do not commit to the inner work, to the cleansing of their own world. This creates a split. Through that split, the part of themselves that has not done their homework exits and, in theory, some pure or enlightened entity or higher part of themselves comes through and gives forth a vision for others.

Some helpful truth may be communicated, however there is a very basic truth that is often ignored, which is that you cannot really separate the so-called channel and what is being channeled. **If there is distortion in the person who channels, then distortion will creep in with what is being channelled.** This notion about an empty pipe through which everything flows is a lot of nonsense, although it gives forth an image that holds others in the mystique.

Human ambition can distract your attention away from the inner feeling of the heart of perfect timing and knowingness, whereby the will knows intuitively and perfectly when to act. To make rapid progress on the spiritual path, many will have to slow down and let go. When you *know* beyond doubt that there really is a Divine power that works within the world and that it works through you, you will not turn your attention and thus your manifesting power away from the inner sense of Perfection again.

It really is all within. How vast that inner world is, able to contain purity and distortion alike.

I believe that to avoid creating a split in our awareness, we must each speak from our own experience, wisdom and conscious communion in the Oneness, where we are awake and natural. This type of communication is an empowering radiation. It is honest, with no investment in what others want to hear. It carries a naturalness that empowers others to also advance in their own unique and natural way.

Decree

The power of decree is absolutely essential to opening up the higher centers, for any permanent awakening into this higher consciousness can happen by no other means than your self-initiation.

Know yourself as diamond-like purity, containing all power, love, light and wisdom. At first this is done through sincere intensity of faith and, later, through absolute experience as a body of invincible light. Your outer self is waking up to your higher self by constantly trying to touch it, through the feeling of decree, sincerity and meditation. This truly is the path of getting there by being there.

Decree is a conviction made in recognition that there really is a power in you which can fulfill this prayer instantly, if you stand behind it with steadiness and purity. It is recognizing where the power lies.

This leads to the most important aspect of a decree. To be effective, the feeling of "I" which declares your decree, such as "I AM ...," must not be placed in the outer personality as its source of power. Meditate deep like a laser beam into a sense of clarity, a sense of "I" emanating from divinity, a sense of the centerline of your body empowered. Reach up above the head as described in the Essence meditation on page 57.

Then *feel* and decree. Pay attention to the subtlety! Bridge the outer and the inner as one continuum, by always starting your decrees with "I AM___." The outer self explicitly understands that it will change as dictated by the inner Perfection of the decree fulfilling itself.

Through continual application of a decree and the vibratory attraction of its goodness, you **must**, in perfect timing, gain its full manifestation. Naturally, you must stay with your decree and believe in it, despite any resistance that says otherwise. If you don't, the resistance, which is also a decree of sorts, continues the reign of its manifestation.

Proper use of decree activates the higher mental body, which makes possible the success of your decree. It is the activation of this higher faculty which is in itself the success of your decree, beyond whatever outer phenomena you may be desiring. In fact, your soul gives this higher activation a much greater priority than worldly concerns, because it is your road to eternal freedom.

To use decree as part of the spiritual path, you must be more interested in becoming the Light in than anything else. In this way you will have the grit and determination to see all the subtle reasons that must be overcome in the process of greater activation.

The evolutionary path is the increase of self-conscious energy. At some point this tangible energy reaches a sufficient intensity that matter itself is experienced as a manifestation of consciousness, responsive to it.

The real and everlasting power is found by penetrating into and attuning with the Radiant Perfection found within. As so often quoted in the Bible, "Seek first the Kingdom of Heaven and all things shall be added unto you."

This simple understanding of the Oneness is not so easy to communicate until experientially embraced. It is not a passive dissolving of self-identity, drunken and lost in space. Rather, it is recognizing the thousand-sun brilliance that the qualitative power of the soul really is. The practitioner succeedingly embraces and dissolves one set of supports after another, until finally they stand naked in the simple and full light of their being – I AM.



Thoughts

There is no fiction. Every story, word, creation, thought and action exists somewhere, even if just in the mental fabric of a person. So each must honor their thoughts, their creations, to be of the highest and most beautiful intention.

Create your thoughts to be a ladder to the soul. That is a function of mind, to bridge formless to form. Take responsibility for all your thoughts. Become the witness and perceive the nature, shape and intention of the thoughts in your presence. Do they lead one after another towards the source from which you are witnessing? Is it a web, or a ladder, which you are creating?

Meditate with the thought of the entire body open and transparent. Meditate with the thought that you are constantly flowing into your body through the top of the head. Discover the power of thought, as intention, as alignment, as opening, as a doorway.

To become the Master of your thoughts, both created and received (on all levels), you must masterfully keep the link of soul (perfection) to its creation clear and direct. Each must recognize the power of thought. Become so familiar with your Soul that it becomes everything for you.

This is truth. If the thoughts around you are not serving you, re-create them. Turn off the less mindful chatter of TV, etc. Ride the higher thought tones of the mind in purity through inner attunement.

ONENESS IS THE HARMONY OF LOVE. Until you can come into the power of your God-Self by giving only positive thoughts space, you are in internal discord. If you are in disharmonious thought, you cannot maintain Awareness of your Oneness, your higher self and eventually your body and activities disintegrate and die through discord. If you understand nothing else, understand this.

During yogic exercise and kriya, focus awareness within the breath. Use a mantra to purify and potentize your attention and thus your energy. Keep thought energy emanating from the clarity and vitality of your radiance. Go deep into meditation, establish yourself in the inner reality, let the breath become still and dissolve all outer activity of the mind into the richness of its heart source. Experience thought not as the clatter of the

mind, but as a way to enhance your wakefulness, that your very thoughts outpour the radiance of that to which you are connecting.

Time is simply the association of one thought to another, forming a "flow of association." Space is simply the "space of experience" of a thought. Words are rays emanating to and from a thought, themselves mini-thoughts. This is, in simplicity, the basis of a new science: the understanding of thought and its creation of time and space.

The mind illumines what you create, giving words to the first appearance of an inclination. The mind, as infinite connectivity, draws upon similar thoughts, regardless of their apparent origin, to give the thought further substance and force.

The mind is a perfect computer, a perfect mirror, of itself totally unbiased. The mind illumines your desires, revealing them in the appearance of words, of pictures, of your mind-set and its magnetic power to subtly create your environment. You can chase yourself in circles following the mind, because following the mind is another way of repeating what the mind is showing you, which is your own inclinations. To be free, you must be able to intuit and remain in your heart center, to raise your frequency to a higher set of inclinations, which is the desire to remain radiant. It is only in radiance that one is free! In this way the mind becomes your servant and your inner bliss is illumined.

When you no longer mistake the shadows cast by the mind as the marvelous freedom of your eternal soul, they will be as one. You will feel yourself as existing from the inner place beyond and within the heart. The mind, as consciousness, is a no-thing of itself. It takes whatever substance you give it. What a marvelous thought! Where will you go with it?

To become the song - one sings.
To become the Divine, what will you do?



Chapter Thirteen

ESCAPE OR EMBRACE

Wisdom pointing to Enlightenment

There is no escape from the embrace each must master. There is no way out but through. Embrace life to the death of all illusion and the joy is eternal.

In spiritual approaches, I have observed two basic philosophies at work. The first I call *"The School of Escape"* and the second *"The School of Embrace."*

The school of escape has long been advocated on this planet by many of its spiritually inclined inhabitants, particularly the priestly class. The school of escape says – "We are spirit inhabiting these bodies. They are like prisons, suffocating us through illusion from our real nature, which is free and expansive like the stars. Therefore, let us escape in our consciousness from this prison, escape from the boggy confines of the earth and take our rightful dominion."

The school of embrace takes a different stance, because in the soul there is a different understanding that has come to light. The school of embrace says – "We, as lights manifest in the Oneness, have taken the form of these bodies as the form of our consciousness. We are bliss, with nowhere to escape to. Let us embrace the bliss hidden in the very tissues of our existence, bringing it to the harmony and perfection of the Divine Plan manifest here on earth as Us."

I am an exponent of the school of embrace. I offer no escape from this earth and the problems that we have created upon it. I offer the teachings and the inner transmission that we are a power of creation and that in bringing Love and Evolution to our previous creations, we will experience ourselves in the Glory of the Creative Light of God. More than that, I emphasize what already is – the Oneness.

The school of embrace recognizes the Mother as the *form* of all Providence. Providence is the unavoidable fabric of creation, which can become quite personal. Providence is the enlightened activity of your soul in its light and free disposition working as part of the universal harmony of evolution. Karma is something different. Karma is unconscious interaction, needing completion.

The Mother is the space in which everything exists. I refer to the Mother in relation to the feminine, in relation to embodiment (male and female), in relation to the planet – as Mother Earth, because this is the form through which the Mother works. Yet the Mother is not limited to any particular form. The Mother is all of form and more. The Mother is the Buddhic state of consciousness. The Mother is the activity of all those who stand awake within the collective light of our existence.

Your individualized God Self is your I AM Presence. The miracle of life is that through "I" you can enter the Oneness. When you stop thinking of your presence as limited to a particular form and instead expand to become the space of creation itself, you enter Buddhic consciousness, which is the full awakening of the eighth and ninth realms above the head.

You can bring your formless essence into a center of self-radiant light and evolve it to Christ consciousness, a Light totally knowing itself in Self mastery within the Oneness, manifest as an individualized form. Great ecstasy is the Father.

When you recognize the source of your body as your I AM Presence, then this *application of awareness* can bring forth the Christed Self, which in its fullness is the physically Ascended Body.

There is a universal union which is the Mother in her Buddhic state and the Father in the Christed Self. The Buddhic state can be experienced as a glorious meditation within the Christed being, yet the Buddhic state can never be limited to a manifestation. It can never be fully incarnate in the normal sense of the word because it has no center, or if worded differently, its center is without limit. In simple scientific language, when you are self-conscious in your existence above the head, as an eternal image, consciously unifying that image into the cellular identity of the body, as a Oneness, you become Christed in a body – as above, so below.

In summary, you experience Buddhic consciousness by awakening in the realms above the head. The Christed state is experienced through the temple of your body, as the outpouring of your God-Self, I AM.

Perhaps I have offered a glimpse of the unseen mystery of the Father and the Mother, interchanging their imagined roles within the universal Oneness. The Mother of form gains her essence from that which is beyond form. The formless Father, the great spirit, comes into knowingness as a center of creation, in the Christed State.

The individual strength of the Father and the experiential oneness of the Mother are the primal forces of evolution. However, these different universal attributes, revolving around each other to create the universe, exist only in your mind. To bring forth this cosmic union of individuality in the eternity of Oneness, you must bring forth the unity that already is beyond all realms – your I AM Presence. As consciousness expands, the roles seem to reverse, reversing again, till it is seen simply as the workings of ONE consciousness – your Aliveness.

Our unending evolution is the truth that oneness and individuality are inseparable, never diminishing each other and together create life. This awareness is the evolution into becoming a cosmic being. This is the doorway beyond, within, everywhere present. This is how a being can become a universe, a flower, a person, a Maitreya, unending...

Light, Happy, & Free

Being Light, Happy and Free is the life of a Liberated being.

What needs to be changed in order to remain Light, Happy and Free is everything not already Light, Happy and Free. This change is instigated from within. It is bringing the Divine into the ordinary.

> "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference." – AA Prayer.

This effective prayer is about changing oneself. In other words:

> "Releasing the chatter of my mind into the trust and inner stillness of my higher self, I remain happy, encouraging all by the radiance of my life. I allow each their expression and cheerfully bear hardships that find their way into my heart, knowing that this cheerfulness has a greater power. Each person's direction, I judge not, while unraveling it through inner consciousness given for the benefit of us all."

A feeling of contraction motivates many to search for the spiritual state that is talked about in scriptures as extra-ordinary and as something they obviously do not have. But this very approach generated in lack must at some point give way to the abundant simplicity of the free state itself.

Enlightenment is not something far away, rather it is the constant underlying state of every moment, whether watching television, being absorbed in deep meditation or eating a meal. It is always there, yet because of limited activity and beliefs, there is not the clarity to notice it.

Kriya practice and deep meditation quiets the mind's activity so that you remain in the clear state long enough to notice and identify with your essence feeling of radiant unqualified awareness. Removing agitation from the body, through exercise and conscious use of the breath, helps you to naturally enter the clear light of meditation.

Enlightenment is being Light. Realization is being in the Oneness, which is a Happy state. Liberation is Freedom of the unqualified Self to best qualify itself into expression.

To be truly free, let go of any feeling that you are not. Even if you have pressing responsibilities, it is not the responsibilities which bind you. It is the thought that you are not free which creates the bars of a prison. It is totally in the attitude.

People do not realize the power of a thought to shape their reality, especially when the same theme is used over and over again. It is the imagined and self-created boundaries of separate existence which binds us, nothing else.

You are creative by nature, because you exist in creation. Who do you think created your creation? When you free your images and thoughts of limitation, then you can really experience the vastness, glory and beauty of your inexhaustible creative nature.

There may be no growth more challenging and scary than the willingness to totally let go of all the props used as excuses to avoid fully claiming your inner power. It is a total "jumping off the deep end." Yet there is no greater reward that can be experienced, than to be totally free to experience the Love and the Beauty of who you are in spirit.

Light, Happy and Free. The only way to be this way is to start right where you are now, taking responsibility for the lightness of it. Move into your excitement while remaining sensitive. If your life is internally and happily known within you as belonging to the One, then all your actions, your excitement, will be the excitement of the One moving through you.

I believe that there is always more, there is always the potential for further growth. It is the nature of bliss itself, contained and yet adventurous. Once one is free, they may *choose* to jump in and take their share of responsibility for the happiness of



"others." Short term free movement of the individual is surrendered for the greater vision. This is a difficult thing to describe, because some people are immediately threatened that such a stance means the loss of their freedom; such a fear makes it impossible to grasp what really is being said. Far from loss, it is actually a greater experience of freedom than can be imagined. Real freedom comes from the compassionate opening of the heart and the spaces within it.

Freeing up the sense of individual struggle into harmonious pure movement of the One-Being – to describe that as a lessening of freedom is ignorance. Within the heart, freedom is found. Such a being is free and happy, without any reason, whatever the external constraints happen to be. This happiness is not contrived, nor is it unfeeling towards the sorrow of others.

The conscious dedication of the individual to the benefit of the whole is called a *Boddhisattva* attitude. It emphasizes what is already true for all of us who are committed in our soul to experiencing manifest harmony of Oneness in the form of this planet. If you do not have this desire in the depth of your being, then why would you be here in a body?

Doubt

Doubt is permissible in kindergarten stages of the spiritual quest. However in Tantra, it has no place. You may reexamine and question a situation and learn from your interactions. However, doubt itself instantly closes the higher doors of the spirit. In the Tantric understanding, doubt is a denial of who you are. Doubt diminishes you to the struggle of duality. A body of self-radiant light cannot be sustained through doubt. Allowing the feeling of doubt to hold the realms simply perpetuates unconsciousness and denies the higher channels in which everything is known in perfect timing.

Doubt convolutes the mind in upon itself. This disempowering stance comes from habit, unclarity and/or unseen resistance (yours or another's) holding sway.

The root of all doubt is the thought, upon first descending into form, that the experience of God is not present. The thought, held beyond the intellect, that God is Everywhere, will set the mind at peace, removing all doubt and freeing up the right side of the body. ***"I Am Here, I AM There, I AM Everywhere doing what needs to be done in perfect timing!"***

This depth of freedom, or conscious self-radiance that liberates you from all doubt, is found when the walls of separation are no longer recognized. It is acceptance, beyond doubt, of your own divinity. In the state of Oneness, it is against the grain to imagine another soul above or below you. This is not the equality of characteristics, or a lack of diversity – this is the equality of the Soul as a being of the Oneness. Everyone and everything is Self. **What you place above yourself becomes beyond reach; what you place below you, you cannot see.**

A liberated being is not interested in binding others, in holding onto others, or in claiming others. A liberated being returns people to themselves, thereby continually freeing up themselves. Overall creation is meant as an enjoyment – Light, Happy and Free unto itself.

Some people resonate with the emphasis of self-responsibility and the skillful tools of kriya, such as conveyed in the companion book *Eternal Yoga, the Applied Science of Ascension* (see appendix).

Some entities consciously know deep in their being that they are part of this Earth, that there are deep truths of the soul and the Earth that transcend the rigid structures so prevalent today. I hope that the sharing of a new perspective will help to free up and bring out the truths that others also hold somewhere deep in their beings.

Trust

We must free ourselves into trust, without putting limiting demands on that trust. This is a mature trust whereby we play our part, we are strong in who we are, yet we are tender in not drowning another. We follow our hearts, surrendering into the larger heart. We follow our excitement, yet we do not worry or move into insecurity. Trust is timing; it involves a total self-responsibility for how we respond, how we feel and how we behave in an unknown situation (that is also dependent on the timing of others).

Real trust always involves alignment to your higher self. All else is a distortion of that truth and thus will have its difficulties. Aligning with your higher self always involves a shift of consciousness – from depending on the form that the outer self dictates to depending on one dictated by the higher self, in its wisdom. The strength of trust comes from properly directed "knowingness."

Trust that it will all be taken care of, then **keep up** and you will be kept up. Trust in your divinity and you are free. Saying, "I trust that I will get so and so by nine o'clock tomorrow morning," is not the sort of trust I am talking about. This is a declaration that you really want something, but do not call it trust. Trust is a total letting go of preconceived notions of time, space and form, letting the perfect wisdom of your Innate Divinity create the play.

You cannot really trust until you are spiritually activated. Trust is not a passive activity. It has a continuity to it. It is about continually pulling on the power of yourself as a spiritual being.

Real trust is learning to participate in the Oneness. It is a perfect blending of active and passive qualities. It is meditating the Perfection, acknowledging that the Perfection is meditating you!

The sage trusts actively, passionately and with absorption in what already is (the Pure Self), letting the perfecting perfection move and express optimally. This is True Liberation!

Attachment, detachment, desire, desireless – these are words best suited for duality. In the experiential reality of Oneness they are only words, not to be taken out of context. Divine passion is the enlightened movement of the soul. Attachment holds the world together. Detachment lets one see how your divinity connects everything in perfect harmony. Containment elevates your passions to a greater and even more passionate embrace – one that only the vastness of equilibrium can ever be the stage of your elope.

Trust is the absence of doubting yourself. Trust is a maturity of wisdom, whereby doubt is recognized as self-destructive and futile. Trust further develops through the heart realization that there is a great kindness and love inherent in the higher plan of life.

Again this kind of trust comes back to your self-responsibility for remaining in your sense of divinity, your higher self. As you grow, so does your sense of divinity itself, beyond all boundaries.

In this kind of trust you receive what you are, or what is appropriate. This type of trust is the highly creative higher self being freed of constraints of the outer personality, while at the same time having the full cooperation of the outer personality to move as it sees fit. When this type of trust matures, the boundary of higher and lower Self dissolves and you are simply whole.

As an example, you are working in a job that you enjoy and feel you want to make this your career. Furthermore, you would like to have the free hand and responsibility that comes from being the boss of this outfit. So here we have a few desires: to remain at this job, to be free to do it how you see it should be done and to become the boss. It does no good to completely deny these desires, because they are part of the excellence which gives you pride in what you do.

Instead, surrender the workings of these events into the moment. Qualify for them. Earn them honestly. Do your part without compromising your integrity. Enjoy where you are in the moment. Then, trusting that the best will happen, you will be moved purely from within at the right moment, while enjoying the moment from day to day. You may one day be the boss, or you may be moved to an entirely different arena, having spiritually completed that experience and readied yourself for the opening of a new door into some other arena of growth.

In contrast, one may defiantly trust they are going to get the job as boss, though perhaps they are not the best qualified to take on that responsibility. Is it right then that this trust is fulfilled? Is it right to be fulfilled if it is not in the highest expression of that soul in that time? Can you see how it would simply be creating further unenlightened activity (karma)? True trust does not make constrictive demands of time and space and form. It always qualifies itself from a certain inner sense. In this way you will move towards freedom. When one is truly liberated, all that remains is to breathe.

The ambition of shaping worldly events can so dominate your attention that quality time to know the inner-self is not available. Say you have been practicing meditation for a few years and you wish to experience longer and deeper meditation. So you sit – yet after an hour or two, the mind becomes restless or you get sleepy. This is because the completion of your outwardly motivated activities must occur, which takes time. It takes time to even understand the scope of your activities, what motivates them. Gradually you become settled in the outward activity of the mind and can enjoy the inner quietude more, with the resulting strengthening of your inner chemistry. Deepening your meditation is a continual affair.

As you continue to open, to demonstrate your commitment of your spiritual growth, there comes the time when you will be aware of the Masters in the Oneness meditating you into the Perfection. It is a state of effortless Supreme Grace.

Purity

Purity is a path of seeing the Divine in every sight, of identifying yourself as Divine Radiance. To embrace life we must love ourselves as pure essence, deserving joy, abundance and freedom.

It is the internal quietude which gives reflection to our ego so that we may align the outer to our greater purpose. Those who are pure have actively created the space of purity within, and value it.

Awakening our inner light in order to see ourselves, hearing the self-originated radiance of the inner sounds and feeling the effortless radiance of the inner presence allows us a greater experience of incorruptible, innate happiness. Fulfilled within we do not corrupt ourselves by trying to manipulate the outer world as the source of our happiness.

The purity of spiritual understanding lies in simplicity. Growth is demanding, because it shows the complications and at the same time demands our return to simplicity.

Purity results in a non-judgmental attitude that comes as you feel your steady existence in the engulfing world of the inner presence, where you ultimately have nothing to defend, lose, or gain. Purity is a refusal to compromise the inner beauty of the heart. This purity can transmute the toxins of existence and itself remain unstained in its brilliance.

Purity does not exclude discernment, which is an invaluable gift in the soul's quest for freedom. Of itself desireless, it does not extinguish the passionate fire or light of the Divine play. It participates in the play by holding the thought, "What is best shall be." The feeling that creates this thought is beyond the touch of limited perversions, as it knows itself in the vast, pure, radiance of the Self.

There is nothing of this world which can be a cornerstone of purity. Rather it must be founded in the inner springs of the heart. **When purity is the life-stream and Way of the Heart, then with open eyes you can spread the Radiant Light of Love.**



Purity is recognized within the heart. Become aware that everything you do and think occurs within the body of the One. By living purely in the heart quality, you can respond to the grace of those who are awake in the Oneness and discover the radiance of your soul within this dance of light. The distinction of inner and outer eventually falls away into a single Divine reality. You are always free to choose a particular perspective at any time.

For those who value this purity, the path of purifying disciplines such as kriya are invaluable. Without the raging fire of necessity to feel that constant purity of radiance within, all practice is basically a means of subtle egoic aggrandizement; the path of meditative techniques never bears its real fruit.

When the foremost reason to meditate is the "necessity" to remain spiritually sane and alert, it is a sign that you value your radiant clarity. Such a person will of necessity find the grit within to continue on the exacting and trying course of self-discovery.

If kriya is practiced primarily to increase charisma for selfish reasons, to influence others, to create false masks, or to seek power over others, it eventually intensifies existing frustration because of an intensified ignorance of higher providence.[16] Such a person hides behind a mask of false tranquillity and confidence by dominating others, eventually becoming psychotic in their expression. There is no shortage of psychotics posing as teachers and surrounded by disempowered, confused followers. Using power for the sake of individual aggrandizement only further binds a person into the web of separate thoughts and perpetuates greater pain and fear-based activities.

Purity is exact, always acknowledging the inner sense of perfection that exists within it. Perfection always has a certain sense of sharpness to it which is fearless and empowered (knowing where the power lies). Purity cuts through all doubt and delusion, while remaining surrendered.

All activity belongs to the Mother. All providence is Her design, for She is the space in which it was born. All is seen, known and contained within the Mother's womb. Purity is valued above all else in the Beloved Oneness, bringing unending Grace.

[16] Higher providence is the Soul manifesting in the harmony of Oneness. The higher orchestrations done with the oversight from that level do not always fit into the comfort zone of social expectation or desire.

Embracing The Divine

The root of delusion is the thought of separate existence and its subtle intrusion. Yet this delusion forms the initial stage of developing our God-given individualized awareness. It is all Perfect and upon our maturing, we awaken a drive to dissolve the solidity of this separation which keeps us apart in struggle. We once again, in a greater awareness, learn the reality that there is no separation of the light, only Divine facets at play. So even though you may fancy that you are separate, this is not truly so.

Individual identity does not die upon awakening from the deluded mind; rather, separation then seems like a silly idea. This cannot be adequately described in words but is found through dedication to a life of the Divine enchantment, a life of purity in all its radiance. Purify yourself of toxic thoughts, toxic substances and the need to generate a constant web of limited-mind activity. Constant engrossment in self-concerns creates a subtle feeling around the head which contracts upon itself into the delusion of separate existence, creating a chemical substance in the brain which interferes with your higher carefree frequency of being.

If you can break through the barrage of self-imposing thoughts into the radiant silence long enough to recognize this silence underlying your entire existence (even mundane activity), you can begin to joyfully know your divinity. In **awareness** of your effortless radiance, you no longer strangle yourself in contracting thought-forms of separation, but radiate the infinity of Love and express elevated thoughts. This is a wonderful freedom!

Meditate and experience the "Consciousness-I AM," which is Self-Radiant. Recognize it as the source of inner space, of outer space, of inner sound, of outer sound, of inner light, of outer form and as Bliss, Love and existence itself. Your will becomes divine as humility becomes your Oneness.

Move closer to this place through your committed life and disciplined practice. Again language cannot describe the inner silence which you will gain through committed practice. It is Divinely fulfilling. It is silent because the mind is quiet, while you remain awake as the joy of awareness itself. This silence is empty of separation and at times so dazzlingly radiant that nothing except the entire universe can contain its radiance. It is peaceful and serene. The only word which can come close to describing the inner silence is "Awakened" Tranquillity, awake and alert within all form as the Self.

The intimacy that is felt within the heart that awakens to its Oneness will forever stamp out the significance of anything else. In this Intimacy, everything is seen. There are no secrets, there are no hiding places, there is absolutely nothing which is not known in the space of intimacy.

> Sit down quietly and comfortably, settling into the deepness within. Before you, a fragrant alertness fills the air, then light. A shape takes the form of a beautiful youth-filled being, beyond description. Every atom composed of soul-bursting Love, coming towards you, sitting down quite close and looking eye to eye.
>
> This being knows your every thought, every emotion, past and present, as plain as the nose on your face. No thoughts spring forth from this being. Instead, the Divine stillness, Love and Intimacy are felt, as if this Presence reached into every cell of your body, your mind; no where to hide.
>
> Do you feel clean? Do you Love yourself enough to relax and beam back Love, or are you self-conscious of every nook and cranny that can be seen? Try to understand the tremendous intimacy of the Divine State, why you must clean house and identify yourself as that which is Radiant within. No one judges you except yourself.

This reminds me of the incredible temple built in Auroville in India. Such a structure I have seen nowhere else in the physical. It is a huge spherical ball of concrete surrounded by acres of gardens, eventually surrounded by a moat of water.

Walking inside this ball up a long spiral staircase you come to the inner chamber, a second large ball inside the first, perhaps a hundred feet across. Walking through the door of the inner chamber reveals that it is entirely in white marble, entirely closed to the outside world. In the center is a large crystal ball about four feet across. Twelve large free standing columns, each over twenty feet high, embody a further presence around the room.

The silence is amazing. When a person sneezes it sounds like a freight train, the sound echoing, echoing, echoing. Immediately upon walking inside I was practically pulled right out of my body, expanding to fill the space inside this place. It is exactly the same feeling when entering the inner sanctums within the body.

Sitting down to meditate, a few others already there and a number of etheric beings sensed in the air, I think great joy would be felt by all those present. But what I see is people shut down, asleep and, whether conscious or not, in a subtle fear.

Why? Because this silence returns people to themselves. They have to *feel* what they are creating in their life and how it feels from an inner viewpoint. Afraid to change, afraid to enter the Oneness, yet not wanting to be left out, they are stuck, until they surrender in JOY to the wonder within. It is not something you can do a bit here and there. It is something you must do all the time, in all aspects of your life. Then you are clean and you can face the Divine presence in Joy, you can *feel* ready to merge with it.

A Way of Living

All activity is the inherent existence of the Divine in everything, as everything. To deeply experience your divinity you need the flow of Grace that is instigated from your sincerity, intensity and alignment into a higher Source.

You cannot meditate yourself into Ascension, simply because the outerself does not have this power, no matter how many years of austerities and sitting is done. A person can, however, meditate the totality into themselves and thus expand beyond the limiting concept of what the Self is. In truth, it is our divinity who is meditating us into divinity. Refusal to acknowledge



this is refusal to come into your Soul Light, to recognize where the power really lies. Why not make your life and all your actions an enjoyment of and by the Divine? This is a sacrifice of self-pity, this is a sacrifice of self-doubt, this is a sacrifice of weakness, this is a sacrifice of manipulative desire and feelings of lack.

You cannot be a king and live in the gutters. You cannot be free while constantly thinking only of your needs. You must live your totally transcendent aspect in union with the unavoidable and committed destiny of Divine service in form. Live both together in the perfect harmony which is your Complete, True, Easy, Radiant and Perfect Existence. This is your *I AM Presence.*

Without wanting the highest good, how can you rest in your true free, happy, radiant, deep, feeling, light, all-knowing, spontaneous immortal Nature? How can you receive the grace of that which lives in Oneness?

With the Grace of your True Nature, everything you do is the activity of your God Self, your Divine purpose, enjoying its unbound happiness, joy and laughter. The awe-inspiring incalculable infinite creative drive of your self-radiant presence is never short of anything to do. Life takes on meaning independent of social conditions. You *become* the purpose of life. Is there anything else do to?

Stabilized in inner happiness,

- Meditation is an act of happiness.
- Pain is an act of recognition which ignites surrender of contraction, while never losing your effortless underlying happiness. Pain is energy waiting to be freed, bringing awareness to itself.
- And all movement is the perfect activity of becoming what you already are.

There are no mistakes, except in the thought that there is. There is no separation, except in the thought that there is. And there is no unhappiness, except in the obscure desire to be so.

You must initiate yourself. It is the last act of the ego. Initiate yourself into this surrender. Recognize your true state of happiness and follow the skillful means of simplicity and wisdom. Practice the techniques of breath

and disciplined meditation. Perform the Love-motivated destiny of the collective source. Live in the purity of who You Are.

Spiritual disciplines will help give you this experience. Life gives you the opportunity to mature this experience into Wisdom. Your soul is always exploring. The only way not to fall asleep as you explore again and again into the denser realms of existence is to awaken within all existence.

All activity and experience are offered on the altar of Totality which you create within the temple of your existence. From this offering, totality adjusts itself and calls forth, in new ways, your just-achieved greater ability resulting from the simultaneously soul-integrated offering.

This requires you to apply yourself, to have grit, to reshape yourself, to trust, to honestly cleanse yourself and experience the purity within. Is it not worth it? I, for one, know that it is.

Desire

Desire is the expansion of the universe in the only way possible, which is through individual expression. Desire is natural and without it, spiritual growth becomes a dead-end street.

Sensory desire, unchecked, is the abandonment of inner perfection, which of itself is always alive, harmonious and a wonderfully fragrant activity. Rather than unconscious glorification or suppression of desire, bring forth the conference of inner attunement. To achieve this, the dragnet of constant outward attention must be loosened, so that you are free to enter and align with your inner truth. Know the waters that form the wellspring of your desires.



Offer all your desires on the altar of deep meditation where, through this sensitivity, they become empowered and refined as a beauty of your soul. In this way even grosser desires can open doorways, though the form and nature of the desires may radically change as you get in touch with what the soul really wants, underneath the outer clothing you initially gave to it.

Desire is growth. If your life is geared around racing a yacht, you will want a faster boat and better seamanship. If your attention focuses in business, you will strive for the sale or whatever you have to do. If it is about having a good time, well, who can stop you? Spiritual success is about choosing and moulding the nature of your world, so that it is composed of emotions, thoughts, models and goals which naturally create and support desires that direct you forward.

You get there by being there, so the secret is to start right where you are and spend time in meditative activities. This creates an energy, an inner atmosphere that takes over and directs your world along those lines. Ambition and lack of clarity make it difficult to harness desire. If you value clarity first, working for it, then you have grabbed the reins of your desires and they will serve you.

Spiritual growth often requires a period of the lessoning or abandonment of outer concerns, as part of shifting to a new perspective and values. As this is achieved, the outer drive can once again come forth in earnest, never again to lose its way in materialistic thinking or ignorant tendencies. You must learn for yourself where the real power lies, the oneness of love and the reality of spirit – fulfilled inherently in its very existence…

It is difficult to progress in higher meditation when your attention is constantly riveted to outer desires and goals. When you have mastered a meditative consistency, you can drop the outer concerns in a moment and refocus the mind at any time into the inner tranquility. When you have a handle on the currents of your mind and emotions, you remain in harmony and move in proper timing. Reflect on it for a moment. If your attention is always fascinated with outer desire, how can it transform itself into the self-radiant and contained awareness that follows the subtle thread of your soul to become its radiance of light? When the mind is free of dense entanglement in outer desire, it opens to the spontaneous gift of knowingness and beingness, even to what was previously unknowable and unthinkable.

Do not confuse this with a trance-like existence, passive, void of any desire, or unable to act as appropriate. It is simply the clarity of higher connectivity, earned through doing the inner work, such as meditation, as well as reflecting that the outer self is the active principle of the God Self.

Wisdom of self-empowered choice, guidance and the purity of higher attunement to your I AM Presence and the Ascended Masters, gives discernment and direction. If you are sincere and committed, you will ultimately win; as there is nothing from which you will not learn, you keep growing. The nature of your intention either binds you to the wheel of limited existence or propels you forward into further Self-Realization.

Upon entering the awe and stillness of deep meditation, seduced in that beauty and experiencing the spontaneous way in which the world just keeps going, you learn not to get ruffled by anything. Desire and too much fuss in the world simply get in the way of the more true inner tranquility. This is a valuable attitude to have when first learning to give reverence to the inner world, valuing your attunement. Yet, as the practitioner advances, cracks appear around the edges; they find they cannot escape the outer, for it is simply not separate from the inner universe. Thus a paradox appears around desire, to embrace it with gutso, or to give it as little attention as possible.

As disturbances and emotions are not just transmuted or ignored, but penetrated into as golden keys to discover hidden aspects of oneself, life is embraced and the paradox of desire vanishes into thin air. The inner expanse of perfection and outer definition merge in simple clarity. This inner stillness of clarity, alive with vibrant expression, has become spirituality itself. Through it, one maintains the balance in which they create their world in greater harmony, command and light.

Purity is the touchstone to keep desire on track. It can never be solved by trying to figure it out. Desire is a musical art, played by the soul in its enjoyment of the Oneness.

When you are aligned to the Oneness, you come to understand that if the Mother wants you to have it, you will have it. If you want what is not yours to want, which means being in disharmony with yourself, then you may obtain your desire, but at the price of creating disharmony and confusion.

At the same time, without a trace of doubt, stand forth as the King and decree, "I AM DIVINE," "I AM THE USE OF GOD'S INFINITE LIGHT, LOVE, WISDOM AND FULFILLMENT OF ALL THAT I DESIRE." Such is the undeniable power of your will, aligned in proper use. Embrace desires

into the totality of your existence. In such a light they will either quickly vanish or burn like a fire through thick and thin.

Learn to decipher which desires are residues of the past, which desires are calling attention to unresolved activities, which are the senses running unchecked and which are projections from others playing upon your sensitivity. By cultivating strength from higher radiance and intuition, you will not forget yourself in contractive desires. Literal qualify your higher presence as an unflinching guard, on duty twenty-four hours, with all-seeing power. Desires which lead to a contraction of your lifeforce will be dealt with on the spot, before they gain precedence. Eat them, transmute them and keep on shining. Become at peace with yourself, grateful for all you have right now! Can you see how valuable consistent meditative application is?

What about your needs? Be in the solution, the fullness of your spirit, rather than the problem, the lack of anything. That is your challenge – to know yourself as unlimited spirit able to bring forth creative ability in the face of anything. You must claim it, draw it through you and give of it. If your attention is constantly chained to the fulfillment of needs, then what time are you consciously spending in the already fulfilled state? Dynamic exercise and a clean life bring a good feeling. Extend that fulfilled feeling in your meditation, visualizing yourself already fulfilled in whatever you need. Visualize what it feels like to live in abundance, without beginning and without end. Do not focus so much on what you need, but reside in your spiritual heart, which is already fulfilled. Through the courage of practice and living this, you get stronger at it, exposing all the enclaves of resistance.

The infinite source of life becomes, more and more, a **tangible presence**. It is a real meditation.

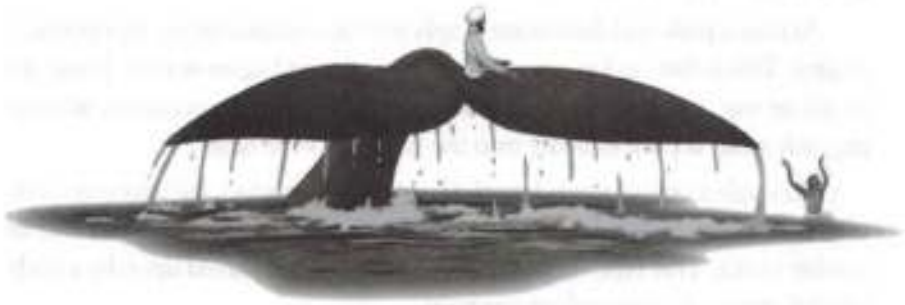
At times, pulls and desires are simply your acceptance of another person's desires. This is fine, as long as you are aware of it and agree with it. If you are to get on top of the waves of life, then you must become conscious, accepting only what is pure of heart into the purity of your heart.

Through a complacent, fanatical, or lazy disposition, righteous responsibility is often avoided, as one is unable to see the balanced picture, or unable to act. This type of disposition can be further played upon by unruly psychic forces, to manipulate a person.

Ways of reestablishing and strengthening awareness of your own I AM Presence include transformative practices, meditation, exercise, walking quietly in nature, feeling your inner spiritual radiance and moving emotion through honesty. Discriminate what is of a pure nature by becoming conscious and willing to see what you may not want to see.

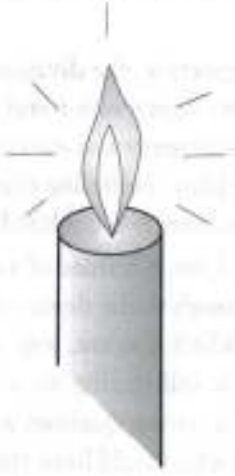
A little secret – do not feel that your outer personality owns the space in which you sit. Recognize that your I AM Presence is at one with all space. If you feel the influence of "another" trying to create a certain limited outcome in you, or feel their presence as a suppressive influence (often because of a subtle resistance stemming from ignorance), recognize that there is already a higher providence upon which you can draw. Meditate that influence, through the constant radiance of light, into a free and higher expression. If you are not able to do this, then with all the strength, firmness and purity of your will stand forth and decree, *"I AM the only Presence here,"* and shut the door.

This is the way of blessing each other. In this way you will be the Love that commands. I believe that Love is the only thing that moves the depth of a soul to listen. Thus, Love is the only power which truly commands…



Chapter Fourteen

NATURALLY ONE



INDIVIDUALITY BEYOND SEPARATION

Subatomic physicists and yogis both agree that all matter is energy. The essence of Consciousness is self-radiant and eternal; that is, it just keeps on going all on its own. The radiant quality of beingness is in itself a tangible quality. From that tangibility, everything of form is born.

Let me put it another way. It is impossible for the material universe not to be here. The heart of God is Bliss and wherever bliss is – creation is. Maya is simply the forgetting that the universe is literally made up of us. Physicality, far from being a fall from heaven, is a tremendous evolvement of definition, a tremendous interplay of various domains of consciousness, whereby a definition is created. The physical body is a temple to gain individuality and develop self-awareness of the bliss forever radiating from the core of our being. The ability to bring spirit into form is the full awakening of your bliss nature.

From an elevated perspective, the division between form and formless exists only in the idea of it. Water vapor and ice are both water. Formless existence and form are just experiential states of consciousness. Ultimately nothing exists, save for the idea, the feeling consciousness, which then takes the shape of matter, or whatever it is qualified as.

In this understanding, Love is formed of a universal tangible substance. Your real power comes through to the degree that you pull the infinite universal substance of Love, which you are, into an expression. The Universal Tangible Love Substance is self-intelligent to its best expression in every situation. Listening to the inherent qualities within Love allows its greatest flow. I think there are few who would have the audacity to say that Love is something they can uniquely own. Your individuality is made of Oneness – of Love.

In awakening to your own bliss nature, the truth of Oneness is found as the Oneness of your own being. Apparent separation no longer has the force of ignorance, keeping you bound in limited ideas of what physicality is. Rather than unconscious barriers of matter giving definition, it is the qualifying radiance of your own unique soul that does so. Everything is alive! In this awareness you can blend, while not losing yourself, awakening into the very root of our unending existence – Oneness.

Love is not an abstraction behind which you can hide and pretend spiritual growth. It consumes you, totally translates the very atoms of your existence and radiates you to the world as who you are. Love enables you to stand naked before the infinite, with all your qualities, saying, "Yeah, that's

me." Love without bliss, without power, without wisdom, without wholeness, peace, compassion and penetration, all directed in the infinite conference of Oneness, is not yet full. Love personified is so intimate, distant and close at the same time, fearless in revelation and beyond contracts of any kind. There is no other teaching more effective or real than awakening to the radiance of who you are.

Inner expansion melts away the outer search. This is the beginning, this is the end, this is all there is, in countless permutations. Bliss is forever being qualified by the soul into the specifics of creation through self-awareness. The soul fulfills itself within creation through the purity of its own radiance.

The key is to feel your individual existence in the Oneness. When you rejoice in the happiness of others, desires are born in the mind that are sensitive to the highest good. Such desires generate inner satisfaction and contact with your soul – a welcome state of "beingness."

Others' happiness and your happiness all occupy the same space – called happiness. If you preoccupy yourself with the happiness of others at the expense of your own, this is not it. If you only think of yourself, what a limited world in which to live! Happiness is for its own sake. It is free and can be experienced in its purity. Helping others obtain happiness is fuel for happiness itself to spread. Understand that liberation is the free flow of Love. A free *flow* of Love can only result in happiness. It is simple.

No one can tell you how to do it. You must come into the purity of your own expression and trust in the divinity of your Self. Yet one touchstone is of great help. Offer all into the highest good and **sense** that goodness of God, of Perfection, omnipotently directing your movement and setting the stage in providence.



Life is, in itself, happy. When you are happy without reason, then you are happy. When you lose your purity through destructive behavior, you lose the ability to feel your innate happiness. It is so simple. Any conflict of desire falls away at this point, into simple wisdom.

Wisdom is Love incarnate. It takes great wisdom to remain incarnate as Love – Here and Now. The simple radiance of Self is Divine.

Releasing the Need for Unnecessary Activity

Yogis, in general, are very disciplined people, not easily drawn into worldly activity unless consciously directed. Yoga techniques are practiced not only for enjoyment, but primarily as a **necessity** for maintaining clarity of mind. The resultant ambience supports a perspective that frees one from much unconscious participation. True practice does not begin until it becomes a necessity, for this is valuing clarity above outer ambition.

Quietude contains such an eloquent beauty that useless chatter and insensitive activity grates against it, like mud splattered on fine art, or the scraping of fingernails across a chalkboard. The yogi has become so sensitive and responsive that the constant chatter of mindless social activity, the insensitive food of most restaurants and the silly engagement of many occupations grind against such a highly developed sensitivity. While such environments are not preferable, they do at times provide a sort of training in non-dual awareness, provided and this is most important, the Yogi does not forget their practice or who they are.

When the consuming flame of inner passion dissolves the seeming importance of outer activity, only the inner spirit can drive such a being to participate in the outer world. When your Divine Presence is in charge, an internal state of ease resides in the heart no matter how busy the outer activity.

In truth, the only way that a person can have the stamina to fulfill a demanding arena of internal practice and outer responsibility, to fulfill their destined role in the fabric of their soul, is the internal feeling that there is no "little-I" doing it. No contracted feeling is thus generated. In such activity you are still free to enjoy a state of at-easement and to recognize the true body of activity which is the Mother, or Oneness.

Once, while sitting in meditation, quite unexpectedly I found myself viewing a man dying while being wheeled out of a restaurant on a stretcher. There was much agony on his face, as he was experiencing a lot of pain from what I sensed was a massive heart attack. I witnessed him leaving his body, upon which he immediately took another form, blue in color and much more fit looking than the overweight body he left behind.

I looked and looked at the face lying on the stretcher and, while the face was familiar, I could not recognize who it was or why I was seeing this.

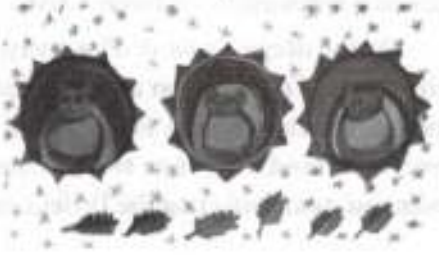
Then I remembered. He was someone we met who was buying land around the world for real estate purposes and, in his words, "for the creation of spiritual communities." To fulfill this aim, he was working in high-pressure arenas for quasi-legal operations; this whole situation threatened to turn on him at any time. While inwardly a deeply spiritual man, he took no time to draw out this side of himself sufficiently, or deal with certain issues. I remember telling him that if he did not make a change, something drastic was going to happen.

I went with him in my subtle body to Venus, to a temple of a green color, where he had an opportunity to come to some quick terms while his body lay on earth in an unconscious state. This understanding telepathically resounded within him, "It was all there for you, everything would have come that you needed to fulfill your aspirations." However, because he so felt that "he" had to "make" it all happen, it was all happening in the struggle of duality. Forgetting his higher Presence, he had opened himself to every opposing limitation and difficulty. He died (at least in my vision) in this struggle, a great lesson on where the power really lies.

Do not seek as an obsession in itself. Instead, continually become more of who you are in every moment, until you transcend the moment itself in the hands of the Father, your self-radiance and in praise of the Mother, the Oneness, existing in Union as You.

The Oneness, the feminine quality of creation, is more fully understood as the Lover. She Loves consciousness itself. She forms creation as Her play and dissolves it at Her whim, if so moved, because Radiance of consciousness itself, all its infinite ability, is her Lover, which she Loves. Her compassion maintains and moves all, but it is Love empowered which moves Her. When the fabric of creation becomes translated into the bliss of consciousness, she is happy and in the arms of her Lover – liberating you into the deathless union of form and formless existence.

You must understand this, for it points to the way of "Ati" in which perfect realization is the beginning of the spiritual path, in which you are an instrument, a means so that all of creation may unite and merge into Her Love of Love which Is. Consciousness simply Is.



Karma and Providence

Every thought, every action must be evolved to its highest potential within the harmony of Oneness. This is a spiritual law from which not one atom escapes.

Thought and activity are generated either in the enlightened state, or from a place of reaction, ignorance and insensitivity. The return of unenlightened activity to its maker is *karma;* the process of overcoming it is evolutionary Perfection. Every thought and activity not yet radiant of the Oneness will return, again and again, awaiting its evolvement, your evolvement.

When thoughts are born from an enlightened perspective of the soul, in the mind of God so to speak, this is *providence*. Providence is unavoidable destiny, the enlightened movement of your soul. It is your providence to complete all of your karma. Providence and karma work hand in hand.

All qualities needed for your victory are already innately existing in you. If you have the determination and inward surrender, it is inevitable that you will develop every aspect of consciousness needed for your free expression.

Kriya yoga is a science which works with the inner constitution to strengthen and free your life-current into a spiritual awareness. This science recognizes you as a state of consciousness and, starting at that point helps return you to the effortless radiance of self-awareness, which is consciousness. Through consistent practice, such as shown in the companion yoga book (see appendix), disruptive agitation is dissolved and you gradually build light and prana through the inner channels, which gives the composure to delve deep in meditation. A person with this inner strength can discriminate more easily and stand behind their decisions. Such a person registers a greater response in their body to the incessant pull of spirit towards harmonious and wise activity.

At the deepest root of all activity, it is the One-Being which exists as the facets of each person and manifestation, it is the One Being who can perfectly harmonize the expression of these facets into a whole felt existence. Surrendering into the Oneness of Being is the Bliss of arising manifestation Perfecting the Perfection, I AM.

You must honestly undo the egoic knot by empowering only your highest qualities; you begin to see that same power underlying everything and everyone. For example, if passion gives you difficulty, it is not the fault of passion. Rather, you must elevate the nature of your passion. Without passion nothing would exist at all! It is simply the way that you are qualifying it through the nature of your thoughts and emotions.

To understand how to change, in what image to recreate yourself, requires doing the inner work. The transformative movement of energy is of necessity – no head stuff here. The willingness to evolve the understanding of all egoic activity into a spontaneous movement of the One-being reveals the unspeakable nature of the universe. This is Liberation in Form.

While activity must play itself out, you are bound only by the nature of contracted thoughts, not the activity itself. Providence, when you surrender to it, is simply the workings of the Divine as you and your relationships. The supreme yoga is of providence – think about it.

When Love becomes the greatest force in your life, you can bring it to every arising occurrence. When Love is truly at the top of the chart, at that moment you release yourself of all karmic entanglement and, like surfing a wave, you have the ability. It is only a matter of playing out the necessary fulfillment of the law. It is the demonstration of Love and all its attributes of wisdom, power and bliss that is the invincible hero releasing all karmic scenarios. There is nothing left that can stand up to such a force and keep you from saying, *"I AM Free."*

For example, in the past there may have been someone whom you hated with a passion. Now that Love has become supreme, there is no room left for hate. You are free of this karma within you. Yet the required completion in the world of form, physical or subtle, may still play itself. You must demonstrate that you no longer react in hatred to the person you used to hate, thereby dissolving the energetic remnants of previously misqualified energy.

This is an example of applying the victory already achieved. The understanding of first gaining the victory of Light, then applying it for the full demonstration is a vitally essential aspect of Eternal Yoga. It is only in this way that each Ascended Master has gained their Physically Ascended Body and Eternal Freedom.

Naturally One

In truth there is One being who does everything, who sees, hears, eats... Any cosmic being can see what you see, hear what you hear, or taste what you eat, simply through attunement, through the Oneness. As awesome as it might seem, on a basic underlying level, every atom of the universe is in a passive state of attunement with every other atom of the universe, in the same way that all the leaves of a tree move in response to the wind. This tremendous interconnection gives every part of the universe constant feedback, containing within it a self-intelligent wisdom. This wisdom is brought out as an active principle by awake beings sensitive to this Oneness.

When you get out of your own way and relax into your Self, all your naturally and spontaneously arising activities, thoughts and needs are recognized within the workings of the One being. There is no struggle in this easy state, which is hallmarked by radiant simplicity. You continue to take full responsibility for your creation; at the same time, you do not feel that you *own* it, yourself, or anything. You are free of your own self-contraction.

To remain in this way, you must trust that every need is naturally addressed in perfect timing. A bird is seen as a bird and recognized as a bird without having to verbally define it. So the busy mind comes to rest, the background mind coming to the fore. Your outer self feels as a witness to all that occurs.

Everyone is a part of this Oneness, but without knowledge of it, few trust it. Life itself is very simple. The mind often wants to define it, to mention it, to color it and so to continually create your particular view of life in a self-centered tendency. This qualitative activity is your psyche trying to stay awake in the specifics of your world. Without the deeper understanding of the Oneness, people do not understand how to use this power in a sensitive, natural, harmonious and eloquent way, that brings to fore their deeper, already awake radiant nature and the power of Oneness.



Say a person is being totally resistive, unreasonable, outright aggressive to your very existence. Do you go head to head, logger style? Where do you place the

power? Recognize that there is a part of that person and of yourself that wants the highest good, wants harmony, that is cooperative, that when called forth can direct everything. Call forth the higher aspect of that person to take command of their outer activity. Ask this Highest light to oversee the entire situation, blessing everything. Have confidence that it will.

Enlightenment comes through uniting the individual power of qualification, as an expression of the higher knowingness inherent to awakened Oneness. The individual mind is part of the universal mind like a molecule of water is part of the ocean. They are both water. However, the universal mind is vast and when the confines of the limited personality are left behind for the ocean, everything in life takes on new depth and understanding. To become enlightened, you only have to remain enlightened.

As long as there is any hidden need of self-contraction, then the mind will of its own accord continue to color all of existence in that tendency. The mind is a perfect servant which constantly illumines your inner tendencies. Learn to remain in the radiance of the awake and aware state. Understand that all thought is like colored dye riding on the stream of clear pure awareness. Thought can be stopped at will, however the stream always flows.

In the easy state of consciousness, you do not have to constantly contract your identity of self to keep it from slipping through your fingers. You simply are. You will keep on being who you are; nothing can stop that – for eternity. In the easy state you learn to relax in the effortless self-radiance and it just keeps on shining – forever. A person living in the difficult state of existence has forgotten this and is always concerned what someone can do to them, or that they might forget who they are (which in a way has already happened). Yet, still the heart beats. One just needs to look deeper.

Rather than seeking or searching for idealized concepts of enlightenment, move your energy, thoughts, emotions, into a purifying, quickening and eventual calm freshness of the moment.

Do a yoga set, meditate, go for a walk, skip a few times in your walk, excel, sleep in one-pointedness, part the veil of contraction and gain the rejuvenation whereby you remain awake as you delve into the radiant depths – I AM. Take heart in the enlightenment of Ever-Expanding Perfection. Whatever arises is simply illuminating the fabric of your existence.

Illumination is a feeling, a perspective, a way of being that honors the nature of spirit. From this vantage point, karmic impulse does not have a foothold. You have left behind the need of contraction in order to gain identity. This is a real enjoyment. Do not confuse this with being mesmerized. This is the farthest thing from it. This is You!

The events in your life are magnetically influenced through your tendencies. Providence is the unavoidable destiny, or the working of your soul through the channel of your tendencies. Providence is activity decreed from an enlightened state. **If you want to change your destiny, change your tendencies.** Your destiny is simply who you are. The present embodiment, like a window to the soul, is the timing of unavoidable providence. There really is no way out of being who you are. **Make the best of it!** In that way you evolve your tendencies so as to express your highest providence without confusion, which is the pure light of your Beingness.

Meditate, bring out, relax into and trust the Perfect nature of your Self-radiance. **Imagine that you are giving a gift to the world and that this gift is nothing but the feeling that you radiate as your being.** Every entity embodies the subtle and physical tendencies which they are to evolve and offer to the One creation. To bring completion, the soul must radiantly personify their highest tendencies to the world.

The One-being as yourself brings up unclarity so that you may become clear. When you are in a free love state, the completion of all karmas ends in providence, for the evolution of karma simply becomes another activity, another opportunity for Love to radiate into the world of form. Thus all sense of karma is already complete, although it may take some time for past actions to release any hidden charge and balance out through their interplay with others. It honestly requires a certain confidence in your victory, which gives you the inner strength to keep raising the energy.

By opening within, you can feel others within yourself. It is possible to project your own clarity through those individuals by becoming the particular mind set of those beings dissolving into the innate clarity. This is a quickened and conscious example of what is already the case, for in truth, we continually create each other. No one can claim to be the sole agency of the Divine as if to possess it. Purity innately recognizes this delusion.

The understanding that we create each other is critical if you are to grasp the responsibility and truth of your being.

The Etheric Realms

Consciousness creates ideas and thus form, on many levels of existence, starting with pure idea-pictures and then clothing it with greater substance, ending in its physicality. A full appreciation of anything or anyone brings awareness of multidimensional nature. It is this multidimensional aspect of life that gives it richness, fullness, aliveness! Reality is that of which you are consciously aware!

Making each realm unique are the particular laws of consciousness which define and thus make possible its existence. To go somewhere in the physical you must travel, while in the subtle, you only need attune to your new location. In the physical your body is in one location. In the subtle it can be in several locations. There are certain subtle, tremendously fulfilling activities that can only occur when you can operate in several realms at once.

In simple terms, your etheric body is the image you have of yourself. Your etheric body, from subtle to dense, consists of interlocking ideas harmonized through the sovereignty of your spirit. Consciousness can clothe itself in many different realms, with an ethereal body for each realm of expression. The etheric bodies are:

Physical: The temple in which you attain the Christed state, thus bridging a continuity of awareness through all realms of existence.

Twin-etheric: The immediate underlying energy structure of the body. As an energy form, it is composed of an extremely fine nature, quickened beyond the range of most people to see. It is the interface between consciousness and your everyday senses, the means of energetic presence and projection.

Lucid dream body: Fifth dimensional fabric composing the essence flames in each of the chakras. In lucid, vivid, clear dreams, you are often centered in this realm. Its awakening is often the first clear experience of inner light and gives great support both to the physical and to long deep meditation. When you are absent-minded, this ethereal aspect of yourself is also elsewhere.

Higher Light body: Your image of self-radiant light focalized a few inches to six feet above the head. It bridges the infinity of your soul into specific expression. Development and integration of this image is a key step in bringing forth the Eternal Body.

Higher Causal body: Your pure Presence – I AM. Visualized as a point of connectivity, radiance, or radiant image from ten to fifty feet above the head. Connecting at least to an intuited sense of this radiance is the purity from which you bring forth your higher aspects. This is vital in overcoming seed karmas, so that the higher Light Body can be fused into physicality.

Every influence, such as thought, displays itself within the ethereal matrix of form and, to some degree, changes it in the process. Mastering this awareness gains you the ability to "touch," to sense and thus to connect with your subtle reality. Fusing your subtle energy body into physical awareness and response is also known as awakening the kundalini. Physicality itself becomes a whole different experience.

Through concentration and yogic techniques anyone of firm resolve can quicken the chakras and experience a subtle, tangible and even dramatic energy. A positive state of mind, cultivated in the face of all difficulties, is very important in stabilizing these openings. You must enter more and more into the recognition of the Oneness of everything, not as vulnerability, or the mistaken idea that you are responsible for other people's emotions, but as the feeling of Eternal Radiant Self-Fulfilling Perfection, in essence, the Oneness of your own Being.

This is waking up to all of existence in its higher purpose. Sure, the world is full of difficulties of every kind. Rape, pollution, greed, ignorance and fear are in abundant supply. It requires a tremendous spiritual depth to see how the world is true, kind, accurate, loving, precise, beautiful and eloquent.

The Love-Wisdom of the One-Being is forever and always available whenever you sincerely align to this higher reality. When difficulty is seen as an opportunity, you are free from the binding of effect and liberated into Love. You gain the quality of "seeing by being," and through this purity, enter the door of even higher domains of awareness. This second enlightenment is the total death of the outer-self as existing for self-contracting reasons, bringing greater realization. **Self-Realization is the Obviousness of the Oneness.**

Penetrating into the formless radiance of pure existence, you begin to see yourself within the world's many plays. You become the perfect illuminating quality of existence – **"I AM Here, There and Everywhere."**

Cultivate the quiet tranquil mind which no longer generates blinding winds by its own individual contraction. Now you are free to illumine and thus bring into existence that which lies beyond limited awareness. The pure mind, of itself, has no ego tendency – it simply reveals what is already the tendency. The pure mind is the light of your Individualized God-Self, forever radiating. The turbulence generated by your ignorance dissolves upon the flood-like unity of this healing.

In greater wakefulness, you manifest that wakefulness into more encompassing embodiments such as an oversoul, a planet, a star, a subtle tendency of a particular region of space, or an Eternal physical body. All these are simply expressions of what already is, what you are!

Subtle Interaction with Others

How you picture another defines the nature of your subtle interaction with that person. Whatever the outer activity, from within call forth the highest living image you can of a person and then make sure it is connected. This connectivity is the reality check that you are actually interacting with another's soul, rather than a head trip.

This requires a meditative sensitivity and ability to penetrate through any cloudiness either within yourself or the other person. The soul reality of an inner image is when it has "Presence" to it, a feeling of "aliveness," a radiance of the person concerned. To gain this connectivity, first develop it by calling forth your own image in such a way.

So many people look so dense, because the sparkle of their soul is distant, far, far removed from their everyday awareness. When a person starts to connect with their essence, with their aliveness, then the soul comes close, literally creating a sparkle in the surrounding air. When you call forth another person's soul radiance, you are bringing it closer to them, activating that person and yourself to a greater degree. This is one of the blessings that each Master does by the pure act of awareness.

When inwardly interacting with another's subtle image, ask, "Are you conscious on the outer?" "What does it take to anchor some type of outer awareness?" With practice, you can intuitively feel what is going through a person's psyche, what resistance is present and if there is the willingness to move through it. You can also gain valuable insight into areas of your own growth and, in perceiving the unique way that each soul approaches life, gain valuable tips towards your own mastery.

The Ascended Masters precipitate images of all their students within particular rooms of their retreats. They quietly monitor these images to see what is occurring with that person, as well as the particular state of their cellular being.

Do not start bothering people by taking over their psychic space in a constant effort of trying to connect with them. First elevate yourself to the place of Oneness within your own being, where it comes forth easily and of each soul's willingness. In this way, you do not smother another by overriding their own sense of presence with your outer psychic activity. Your I AM Presence will show you the way. In this way, each soul will experience joy at feeling you as a radiance. In summary, you cannot do this work in a truly elevating way without first obtaining the purity and elevation of your own awareness.

By seeing others not just in dross, but bringing forth their radiance, you are bringing heaven to earth. Getting out of your own way long enough to purify egocentric tendencies, you awaken within the One-Being, your cosmic heritage, your enlightened self-radiant image.

Free of constriction, you are able to generate activities of universal benefit. In this, the radiant creative bliss-nature of the One Being is felt. Vital life-force thus opened within the higher chakras does not quickly retreat back to a dormant state, but transforms the body and mind to live in this awakened energy. The sustaining power of life comes from awakening an inner purity of image, of light, of pure motivation. Duality is simply the One Being at play.



Love and the Power of Manifestation

When the Power of Love is more important than the Love of Power, then the heart opens to an eloquent beauty of participation as Awakened Love. This self-intelligent light prepares you to commune with the Beloved Ascended Masters and serve in that Unity.

A heightened power of manifestation is a natural (that is, not forced) result of being in alignment with your higher purpose and its unfoldment.

If you wish to live in a collective consciousness at a higher octave of creative possibility and harmony, you must free yourself from the web of subjective and separative desire and lifestyle. To practice techniques which liberate you into a new dimension of existence while holding onto that which continually contracts and creates further separation is a contradiction.

The perfected power of manifestation is a Love of Love itself. The richness and purity of Love, as the Presence of your soul – I AM, reflects into a display of wisdom manifesting without limit into your outer use, to witness the Perfect activity at any given moment. To work through the higher mechanisms of manifestation unlimited by social consciousness, a person must be situated in that reality themselves.

The mind is wonderful at being able to visualize. The heart gives forth the feeling, "This is right," and brings it forth as such. The intentional image creates arms of that Light to orchestrate and integrate the manifestation, in relation to the body temple. The heart, mind and body must all act as one in every instance of enlightened manifestation.

The heart's power of manifestation comes from abiding in the heart quality of true need, of universal doingness, of not *needing* anything and of passion for what one professes to need. **The heart feels, touching a desire into existence because it wants to touch it.** The mind is inherently beyond it all, as in watching a movie image. It is the heart essence which is at the root of all existence, which is the source of the subtle planes of existence, whereby everything is first manifest. It is in the heart that the One-Being lives as Love itself. The greatest reason for manifestation is the fulfillment of the heart.

Remain in the heart quality and let the power of manifestation work naturally, spontaneously for you as you. The mind simply illumines what

arises from the heart, through visualization, thoughts and intuitive knowingness. In this way you operate fully in the Love state of universal will, while your mind rests in the heart. The mind becomes the servant, able to do great works in the world.

Whenever you sincerely say, **"May the best thing happen for all concerned,"** at that moment you have activated your higher-mental faculties. You are the creator of your world with every thought, feeling and deed. Remember to always bring forth your guardian angel, which is your higher image of Light, by qualifying whatever you do with the highest intention.

Just how important are the higher-mental faculties to bringing forth concrete manifestation? They are the first vehicle through which your God-Self operates in fulfilling all that you desire, in a manifestation of Perfection. The full activation, through continued use of your higher Presence, brings forth a fullness, incredibly alive refined higher emotions and the power to sustain the body through Light, literally. Physically transportable through the power of thought, it acts as the vehicle whereby the consciousness never sleeps, giving constant guidance in regard to all outer circumstance.

The amazing power of the words "I AM" are their ability to ground awareness into all the simultaneously operating dimensions of your existence. To really understand "I," purify the feeling of yourself that is your Presence. Go very deep into your Presence, letting go of all outer senses, all the things that you have qualified "I" with in a limited framework. Remain in your simple awareness, i.e., your self-radiant Presence I AM beyond form. It is only in this way that you gain the conscious purity of your Presence whereby you can call forth "I" beyond the usual association of ego.

Then whenever you say "I AM," you understand the qualifying power of your soul; reaching up in this way, always bring forth *your image in light from above.* When you stand forth without wavering in your inner conviction of the qualifying power, perfection and purity of your decree, while giving the reins and method of operation to the inner sense of higher connectivity, you are bringing into the physical body the full presence of your Soul. Wha!



An Essay on Enlightenment

Dissolving external attention of the mind into the effortless-essence of mind itself. Looking up into the sky of vast space, everything expands on the breathless breath. Emotion, the unlimited power of God to create, wells up as Love – one-pointed in its humming devotion.

Consciousness of the conscious principle itself; the pure unmodulated awareness of the God-tuned being.

Clarity is your creation harmonious to the movement of the great existence, the Oneness.

Free, as a dynamically defined facet of the pure evolving creation, continually surrendering the outer show to stand, awakened, naked and pure before, and as, the Source.

Home, forever found, exists in the Body of the One.

Look around and see the infinite multitude of Loving forms, each displaying a wonder of the One. A Master, the glory of creation made manifest – the reason of creation.

The forgotten light of your creation, modifying a bit of it here and there, to evolve it, to expand it, to glorify – what needs no glory, what is the glory, what is the bliss, what is beyond anything.

Enlightenment is the freedom to bring Love to every situation, to know Love from the point of wisdom, to know Love from the point of consumption, to know Love as all there is. The world is empty of anything except Bliss. How incredibly filling this Bliss is, beyond limit in the vastness of emptiness.

Upon the empty shadows of bliss individualized sparks play their drama in such self-convincing finality, only to dissolve upon the first rising of the infinite sun of Self-Awareness.

Bliss, Love and Tranquility

Pure Consciousness does not separate subtle and physical existence. Awakening within formless, peaceful, all-encompassing tranquillity, Bliss is ignited, substance is awoken – free of contraction, Perfection is embraced.

Bliss is not a separate thought or realm or feeling. Bliss simultaneously, helplessly creates form. It can also dissolve it again, such is the power of Bliss. Bliss IS the Universe. Bliss creates the universe. Bliss is the creative power – "I." Atoms are balls of Bliss. Bliss reflects in form creating greater Bliss, limited only by the exponential quantity of reflecting surfaces, or attuned entities in the universe creating further self-awareness, which is without limit. Try to grasp what I am saying. Bliss is a primal ball of energy, it creates the space of existence automatically. Bliss is Brahma – the creator of the Universe. Bliss created the Universe actually arising from itself as itself. There is no other reason for the creation of the Uni-verse than this simple reality, that it is the expression of bliss. Without experiencing, at least once, the extremely awake blissful state, you will never know the reason of the universe – "I AM." A mundane life lives in struggle, in ignorance of the abundance of the universe of Bliss, for it does not exist consciously as what it is in Truth.

Bliss is not limited to any*thing* and is everything of creation. Bliss is the feeling of Divine Perfection, of the aliveness of "I." The Self is Being. Bliss, with its many joyful moods of radiant tranquillity and love, is all the reason a yogi ever needs.

Love is awareness of Oneness. When a being *is* BEing Love, they are swimming in the sea of Oneness, opening, blending, expanding. As Love permeates each of us, as us, it radiates forth our particular essence. Any being in the universe, opening to you and feeling your Love essence will, because of Oneness, feel that same opening in them; the two of you will blend your essences, in Love. The opening of Bliss into Love is the blending of "I" in "We." Love is that which Loves. Love is that which sustains you and thus the entire universe.

Tranquillity is the still state, it is the Divine underlying existence, which is complete. Tranquility is alignment to your soul. It is the doorway in which Love flows, in which Bliss ignites. For a being to hold the primal state of bliss in the body, they must master being in the tranquil air, else the subtle nectars evaporate like mist before the hot sun.

Tranquility gives the backdrop, the space for everything to come forth in eloquent timing and form. Tranquility is the mind contained in the beauty of its essence, the strength of its source and thus the preservation of true alignment. Tranquility is beyond the constant engagement of the chitchat mind. An advanced practitioner, who knows how to exhaust their mind of its need for outer activity, transcends the shallow view and expands beyond the normal understanding of the body. Such a being can meditate in formless realms and form alike, while remaining awake in a peaceful, alert state. Without this mature ability, meditating in forgetfulness of the body brings a tamasic, sleepy state.

By floating with the mind and not remaining centered in the body temple you get trapped in the subtleties of the mind, thinking it can bring freedom, yet remaining blind to the Mother who holds the key to the emotional and mental consumption giving real freedom. The mind entranced in this blindness, instead of naturally dissolving its chatter, will instead explode in moments of purification, then retreat, taking the practitioner with it, to long, slow moving, wafting shadows of the Light. The antidote of passion moves the inner being, culminating in the strength of Love.

Love gives purpose, it gives reason as itself, it brightens, it dissolves doubt, it makes you comfortable with yourself, giving the ability to BE, so that you remain in the blissful state, because of the freedom of Love. Everything centers in the Love.

Brahma	is	BLISS	which creates the universe.
Krishna	is	LOVE	which maintains the universe.
Shiva	is	TRANQUILLITY	which dissolves the universe.

Bliss, Love and Tranquility are not separate and can never be separate from each other. All exist simultaneously within Consciousness itself. These are the 'Forces' which create the wheel of life and experiential existence.

Body, Mind and **Breath** are all aspects of the same consciousness and therefore can be differentiated, but not separated. When awareness of all three blend in an easy balanced natural way, then you will find the heart is automatically felt. If you stay with it, you may observe that Body, Mind and Breath are felt to arise from the heart. Each center of energy, or chakra, in the body is also felt as a heart quality of its particular frequency.

In a sane atmosphere of spiritual radiation enticed through kriya practice and friends of higher consciousness, the healing balm of the soul's truer nature is stimulated and felt more easily. When the breath becomes still, when the body is tranquil, when the mind is at ease, then you relax your outwardly fixated attention and move to a quality of simple beingness.

Because many do not spend enough time in this simple beingness, in an awake mode, the power of it is frequently missed and forgotten. Trapped in limitations, you must free yourself, yet upon doing this, you understand that there is nothing to transcend. Only a state of Being is left.

Upon entering your Source, your BEingness – **nothing can be more Perfect than Being in your joyful source!** In such a state of awareness, thoughts, things and motion are experienced as modifications of your consciousness, therefore nothing can loosen this freedom gained from being consciously conscious itself. No outer thing can own this joy of consciousness; not even the outer concept of Soul can own it – it simply is. It is everywhere and is the universal beingness. Upon engaging in physical and mental activity, the formless delight of consciousness itself still remains the same – Wha!

A fully realized Master has total dominion over all things of the world. Such a Master attains this by focusing not on the imperfections of the world but on the Perfection that is the root ability for it to even exist. This inwardly glowing Perfection is constantly infused as potential in every atom of creation, containing a constantly updating blueprint of possible correction for every unenlightened, ignorant action ever undertaken.

Such a Master can see very deep into unseen causes and plans and therefore works in harmony with the deeper picture. Such a being has given up the need to Love others and instead has awoken as that which IS Love. This Love reveals the Perfection of all activity called for in any situation. Such a Master does not have the need to heal others of all their self-created lessons. Why rob the plant of the soil upon which it will grow? Such a being is totally at peace and yet can move heaven and earth in the wisdom of compassion.

Moving purely into your soul providence, you engage in all necessary activity for your greater awareness through simply being in your soul-felt excitement. Such a being can, if it is the choice of their soul, work great and often unseen movements in the world. This earth has been saved a thousand times over by the unseen work of the few conscious beings upon it.

Spirituality is not all the religious paraphernalia presented to the world at large. This is not meant to downgrade the usefulness of sometimes very ingenious methods of help given to those in need. However, the paraphernalia can be mistaken as the spiritual state itself, which has nothing to do with it, nor does anything of this world or any other world of constructs and form.

Ultimately, my teaching work is not focused on the transcendence of mind or anything. It is not projected into obtaining anything, rather it is the total embrace and quickening of your self and all its conditions. For me, the practice of kriya and creative silent meditation are the arms with which I can hug life, embrace it and be part of it. As this is my experience, this is the way that I must teach. So whatever is unnatural, overemphasized, fixated, contracted, or exclusively attended to – whether mind, body, or breath – creates a resistance to the current of Being. That resistance will create a heat, igniting a fire which if properly recognized and utilized through sincerity of wanting to experience your divinity, will purify, bringing you back into a relaxed, radiant and natural state. There is no way out but through.

Happiness then arises naturally from the heart and the experience of Self Becoming. Thus you simply meditate to be, to BE awake, to BE tranquil, to BE what you are. There is nothing to fight, nothing to resist, only letting go of resistance, of the fight itself. BEingness is not a moronic state – it is profoundly inherently intelligent existence, yet its intelligence is not something which can be measured in limited social values. The intelligence of Beingness is a connected understanding of what is; you simply know what you need to know and act when you need to act, of yourself happy in your basic nature. You are under no social bonds to appear happy or any other way; you simply express that happiness, that freedom, through an innate intelligence of connectivity and inherent understanding of "isness."

Kriya and meditation practice are the deepening enjoyment and surrender of simple Beingness. Daily spiritual discipline becomes a Love of meditation and internal radiance.

You are happy if there is something to overcome, happy if there is something to realize, happy if another benefits, happy for no reason at all. BE IT and a miracle occurs whereby you continually become it – for radiance is not static, but alive. When the mind becomes tranquil, body stilled, breath in the still state, then you can expand in this tranquillity to such a breathless expanse of emptiness, the heart filled with nothing but an indescribable Love.

When you are stilled and centered, truly in the body and awake, the body becomes such a carefree happy existence of joyful creation. Such rich Tranquillity, Bliss, Love, Freedom, Joy, Strength, Passion, Expanse, Intimacy, Depth, Peace, Perfection, Awe, Containment, Knowingness, Surrender, Creativity, Explosiveness, Variety, Eternal beyond thought of otherwise. The polarities of duality are removed from their binding cycles of up and down. The soul is simply free to experience it all as the cause, as an individual and as the expanse and exactness of the indescribable state of Oneness.

When passion arises it is wonderful, when quiet arises it is enjoyable, when challenge arises it is engaging, when beauty takes notice it is enriching. It never stops, has nowhere to go, only infinite tranquillity, free existence, blissful creation, silent still expanse of nothingness. It is all the same and that can never be described. We call it Divine, saying that the Divine is in everything as everything. Sat Naam Wahe Guru (everything is truly void of anything but Truth which is indescribable, everywhere and ecstatic)!

Enlightened Speech

Words have their place, yet they must give way. In the throat, words can be made in two ways. One way is the verbal sound of the verbally thinking mind. It has limited purpose and given its place, works as a servant.

But there is another word which comes from the divinity of sound. That vibratory power is generated, that is, it flows, from the pure land of the heart and the unlimited expanse of the tranquil crown. It flows from the nectars of the soul. The connected flow of words has its verbal wisdom, but it has much more. These words, or sounds, produced simultaneously inwardly

and outwardly, become the form bridging a path from the outer hearing to the inner kingdom. It is a current which is pure, relevant to the moment and timeless.

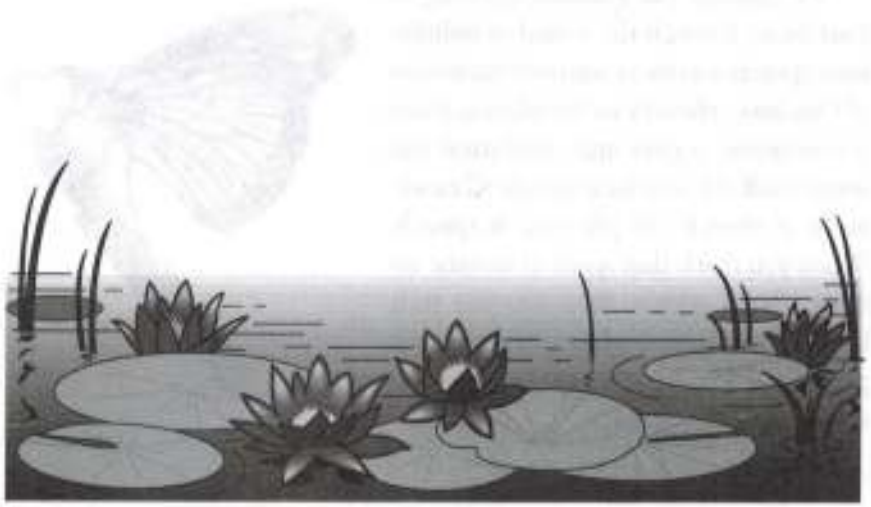
Listening to these kind of words is a gift, a Grace – it shows one to the heart. The words may seem eloquent, their exactness may or may not be forgotten, but they leave a quiet peaceful feeling in their wake. This is enlightened speech; through it one may effortlessly glimpse the reason and origin of the universe. Focusing intellectually on its verbal message while missing the Light from its Heart is only existing in the web of the mind and senses. Following that sound current into the infinite magnitude of the unspoken sound, merging in the heart, merging into its blissful quiet source, the universe becomes like the current of sound blossoming effortlessly forth from the peaceful backdrop of infinite absorption. The verbal meaning of the sound current itself loses importance in the undifferentiated bliss of it. Yet nothing is missed in its perfect expression, exact and of immense value.

This speech is sacred. It is the real reason for the mantramic reading of scriptures, otherwise their study is really useless in terms of the spiritual being. They give instruction, something perhaps to be analyzed. Yet without touching in with your silent source, what does it matter, what real change is made? If they plant a seed then it is something, otherwise it is a passing show, perhaps like reading a novel or eating a meal, just another form of entertainment, even another way of giving power to something outside of you. Enlightened speech is a sacred transmission.

By igniting the pleasant opening of your heart through the sound of enlightened speech, you move into an attunement of Oneness, whereby in the silence, inner transmission occurs and revelation can reveal itself. All activity is speech, all movement is speech, all practice is speech. When you reach that space of ecstatic infinite silence within, then you can truly listen to the source which makes speech possible – you become the self-radiant source of your activity.

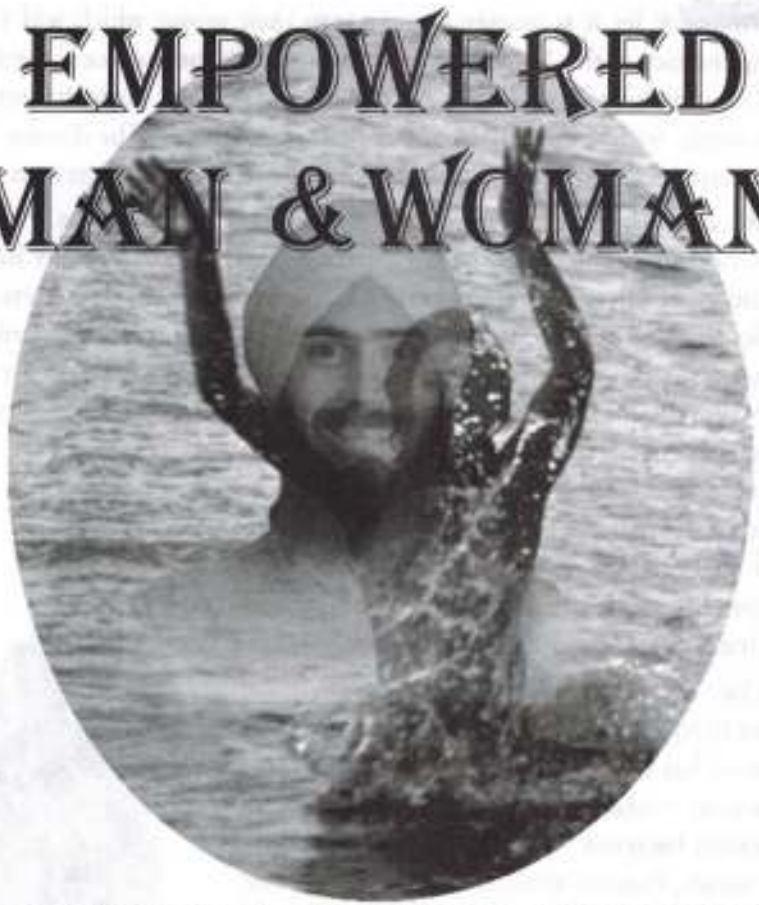


IT ONLY TAKES ONE DOUBTING THOUGHT
TO MOVE AWAY FROM THE STATE OF
ONENESS.



Chapter Fifteen

THE EMPOWERED MAN & WOMAN



Every man desires to be strong and every woman desires to be beautiful. By finding our incorruptible beauty and strength within, a new family is taking form on our beloved earth.

A Woman in Her Power Moves Heaven and Earth

A woman in her power, in her I AM Presence, is rare today. Yet it is women coming into their power which will truly change the face of this Earth. A woman in her feminine essence is the subconscious of humankind. She perpetuates or breaks patterns within relationship, within her children, her mate, her friends. She dreams the dream, creates the image and asks the universe to accept it as its own.

She can inspire humanity to new heights and achievements. A conscious woman knows herself as not separate from the Earth or any being. She can give birth to a new domain of consciousness to heal a war-torn and conflict-inflicted earth, returning our world to the sensitivity and love within its heart. She can call upon the Earth and the Mother of creation for unseen strength and influence. But first she must develop relationship with the earth, with her true nature. She must heal her individual and collective hurt from the drama of relationship upon this planet, so that she is free to move the inner essences of heaven, earth, form and formless, to create a playground of Love and fulfillment that is beautiful in all ways.



Through her power of blending, of emotional connectivity, of intuition, of making the ego flow, a woman has the heightened ability to greatly influence, to re-shape, her close ones. Until a man or woman becomes "One" with their own feminine nature, this transformational power will rest outside of their conscious ability.

A Woman's Strength of Connectivity

A woman's strength is in her feeling nature. In her day-to-day nature, she has many times the emotional intensity of a man. A woman's feminine

nature is deeply connected with the earth, while man akins himself to the consistent ball of fire in the sky.

However, the majority of the sun's strength is received via an inner resonance with the earth. The earth then subtly radiates this energy from deep within, in the process giving it much greater emotional substance than that received via atmospheric solar radiation. This strength is soft, connected, harmonious and integrated, moving in rhythm with the ways and images of the Mother.

The ways of the Mother, manifest as our planet, include the wisdom alive within the core of humanity's light focalized in Her center. It includes all that we have qualified upon Her, our strengths, our conflicts, our definitions. Even more, the Mother has the patience to allow each their experience, the ability to push and clean house in cosmic accord, the guiding wisdom to help each evolve their conflicts, the example to transcend our belittlement, the karma-ground, the play-ground, the ascension-ground and the ground which we call home.

The light of the moon and all the planets are likewise concentrated by the inner earth. The moon absorbs energy from the sun like a sponge and radiates it back to the earth in a softer tone, full with emotional substance. This etheric richness, like the light from within our own earth, or the love a baby needs from its mother, is vital for our health and well-being.

A woman who loses touch with the earth, with her softness, with her compassion and collective sense and with her strength as a woman greatly diminishes her absorption of these energies. As a result, she is tossed by the wind and tries to find strength in things outside of herself. In the process, she confuses what real strength is.

A woman, through her emotional nature, has a great capacity for integrating etheric energy into the embodiment. To integrate an energy into the embodiment, you must first have a relationship with it, thereby ordaining a path of conductivity. The complex variations in a woman's emotional body are in part due to her bringing in the earth's energies. In doing this, a woman brings forth the innate intelligence from deep within the earth, bringing its complex rhythms into the mind of mankind. Onto this are added energies from her partner and immediate environment. For her own sanity, she must discern the nature of her relationships and environment, acting accordingly.

A woman in her innate capacity is thus a highly refined temple bringing forth the moods and energies that have been collectively created within the earth and the environment. Because of this heightened connectivity to what has already been created and what is yet desired to be created, woman is the seer, she is the giver of fate, she shows what is.

The Command of a Man in His Power

The faculty of manhood in its completeness is an essence beyond form and therefore compassionate, like the sky over the head of all, or the rain which falls on all alike, or the sun which shines every day. Man awakens woman, as woman creates man.

The masculine energy contained within all is the sun and the stars that shine as spirit in the space of creation. It is the drive and desire of individual radiance. The masculine energy defines, gives sharpness, establishes a particular facet of creation. A woman gives the dream, a man creates it. The masculine essence is a wakeful nature of movement.

Men are like the sparks which together make a fire. The female aspect is the space in which it all exists. The nature of the masculine energy gives reason to everything, the feminine needs none. The masculine, being a law unto itself, needs no reason to move; the feminine needs a reason. Masculinity is an outward drive, femininity an inward blending. The masculine is the feminine's reason, the feminine is the masculine's reason.



Great arrogance and self-deception have developed in the masculine energy upon this planet (in men and women), as it has not yet fully embraced realization of form. Realization of form is not separation, but blending orchestrated by the harmony of the prevailing Oneness. This arrogance of ruling over, of being above and actually of being afraid, has long played havoc with the sensitivity and joy of

creation itself. Man has used form for its own ends and judged that which does not meet its ends as weak, subservient or not worthy of attention. This has prevented the opening of the inner spaces and the rising of vital life-force or kundalini in a balanced way. The kundalini is the feminine energy of space itself, united in the body as life-force, giving consciousness of that which is alive beyond time and space.

Most men have no understanding of how to direct unbridled passion. Total passion in one's energy field allows emotion to dance through the body without restriction. Until a man becomes a yogi in this sense of being able to feel intense passion in his yogic practices and then learns to direct this power, he remains emotionally confused. Men and woman alike must purely awaken their passion, continuously releasing grosser emotions as they merge with the Light of Oneness and each other.

The new man will contain strength and have a natural command, not through manipulation or puffing of false power, but through internal Presence which connects with all through the compassionate embrace that arises from Consciously Knowing oneself as Love beyond habits of constriction. The whole concept of either man or woman being superior to the other is ignorance, a misunderstanding of the unification of purpose in the whole, as played through in its many aspects.

The new man will be soft and yet strong and sure of himself. He will command and serve. He will give and forget. He will glorify the One in natural ways, without compromise. His command is not necessarily in telling people what to do, but in doing what needs to be done. Being in the energy of a doer, initiated through applied intuition, he draws forth his I AM Presence into the body, giving him Divine support and direction. When he can surrender all his doing to the Oneness, to the Mother, he can ground his soul beyond the limitations of personality. This gives a wonderful light around the head and heart.

Something to reflect upon. Is a Master one who can manipulate the subtle forces of creation? A being who is pure, perhaps not yet aware of the specific forces of creation but always moving in perfect harmony with their highest purpose – is this person not a Master? The whole concept of Mastery changes when the perspective changes from individual adeptship to surrender into the workings of the Oneness. Those who are on the front-line, those who are effective, are Masters within both frameworks. They

will never misuse the light, yet they are nobody's fool and can serve as conscious creators of light.

For the new man, excitement will replace compulsion as a moving emotion. Ambition frequently gets in the way of a person who has lots to do, because it can cloud the knowingness of his truer purpose and interfere with the rays which organize his environment to fulfill this. To be in your excitement means to be free. To be free in this world requires a degree of consciousness (so as not to continue unconscious interaction).

Dead thought forms, floating around the ethers of unimaginative people, enter your thought stream simply through giving your attention to social expectation and unenlightened participation. This is unfulfilling, lacking the excitement of conscious freedom.

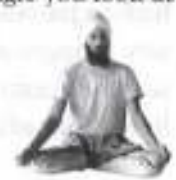
It is the intelligence of the Rishis, known as *"applied intuitive intelligence,"* which allows you to cut through the sea of a million thoughts and desires to create your vision of the dream for which you became a dreamer in the sea of life. This can be a real excitement!

Remaining Awake in Refinement

It is a masculine quality to be wakeful, radiant and unphased by anything. Many men favor a gross expression because they are not able to remain awake and strong within their feminine aspect, which is the embodiment of more subtle and refined expression.

All of creation, including your body, lives within the vision and grace of the Mother. Your wakefulness, as a self-aware creative principle, is your masculinity. As you enter into deeper meditation, do not allow yourself to go into an unconscious trance state. The art of deep meditation is to remain alert in formless absorption, thus finding your sovereign essence. Then you can move through subtle image, remembering, changing and bringing it forth into manifestation. Done with sensitivity, your activity is graced and empowered by the Oneness. Refinement, from whatever angle you look at it, is in essence – intimacy.

- Still the outer, so you become increasingly sensitive to the inner subtle existence.



- Learn the subtle radiations in the body, using them to strengthen your subtle body. Create the bridge of awareness between the physical and subtle body, such as through conscious exercise, pranayama and visualization. With a stronger subtle body, it is easier to stay awake within it.
- Enter the purity of that prana and, in deep meditation, establish awareness in your formless essence.
- Learn to see within that prana, thus imaging, travelling, interacting within the vision of existence.



To remain awake in the body, you must identify with your feminine nature, its softness, images, emotions, sensitivity and internal vastness. To empower your masculinity, you must embrace your feminine. To bring your femininity into realization, you must empower your masculinity.

Whatever it requires, find some part of yourself that is awake, for this is your creative principle. Try concentrating awareness into the size of a marble, a pea or even an atom. Then breathe that aliveness to slowly, with connectivity, fill your entire body with radiant presence.

Some have difficulty actualizing this feeling through meditation, but can ignite it through acts of selfless service, relationship and through enjoyment of activity. Such a person would be best to continue in just this way, forever refining the nature of their activity as an experience of the Divine. However, I would recommend that an effort be made to try to carry over this feeling into solitary moments of meditation, so that this deepening of the Divine can be felt and worked with on all fronts.

Eternal Yoga is much more than entering deep states of transcendent meditation. Bring the light of consciousness, the light of Perfection, into every cell of your being, as divinity – this is the real yoga. In this Yoga there are no boundaries. It takes a very sincere and dedicated soul to quicken the constant richness of divinity into every cell. This is becoming awake in the activity of the Mother. This is the rising of the kundalini and the descent of the Soul.

Life's Lessons

Life's lessons are to have the self-honesty and courage to see yourself as the source of all pleasure or pain. To change yourself is the key to eternal peace.

Too many have a false belief that they are in a certain relationship to "change" the partner, especially women who have long held onto the "martyr syndrome" as an excuse not to look at themselves. Men should not be used as a home and meal security ticket, or blamed when things do not go right. This creates a covert activity disempowering to both men and women. To be secure in life is to be rooted deep in the God power which lies within each "one" of us. It is our own Divine Presence which connects us to everything we need. *"I AM totally nourished and sustained by the Light of my I AM Presence."*

A man who cannot find gentle nourishment inside himself will sometimes try to possess the source of that nourishment in the form of a woman. A man who first recognizes that nourishment as existing inside himself and becomes nourished by, it to fulfill his rightful disposition, will likewise find that nourishment in great abundance around him through interaction with his partner, with the earth and with life.

Lessons of loss, of impatience, of pain need not be in vain. Blessed are those who feel hurt, for they have an opportunity to get in touch with the source of the hurt *as it originates from within*. Frequently it is the sheer force of positive habit which keeps you operating successfully through difficult times, providing the space to sit back and observe yourself very deeply and honestly.

It is only the ego which feels hurt. Remember that and you can instantly reform yourself into a new perspective. Then there will not be the same "investment" in having to see things in a certain way and you can honestly grow from lessons of life.

No matter what emotion is felt, cultivate and align to the feeling that Love is the greatest and the greater power. Do not deny that anger or fear have power, but recognize that Love is a much greater power. At this moment you are ready to grow, to let go of the old and become the Love. Seeing the larger picture that your higher self has created, you see the potential for growth that each situation represents and claim it right there on

the spot. Every situation appears to have an avenue for higher expression and learning. Realize that at the root of every situation and every emotion is the power of Love. Love is the driving force of this universe. **The power of Longing and then the expression of Belonging is all Love.**

Different and Whole

Society works when men enjoy their masculinity and woman enjoy their femininity. While each is quite different and whole in itself, together they bring a complementary balance. Men often organize, go out and do things, create structure. Woman remind all of the play, the emotional side, the reason that it is all done in the first place, constantly changing the structure as need be.

So often the soul is said to be androgynous. To that I ask, "Then what are you?" The soul can be all things, yet here in earthly creation, each soul emphasizes its expression, developed over many lifetimes, through the definition given by a particular gender. If anyone understands the androgynous state it is the Ascended Masters, yet they are so strong and masculine, or soft and feminine, radiating from the level of pure soul, the image, in gender, they choose to be.

The masculine and feminine image is a way of creation, of relation, of tantra, of joy. So again, enjoy your strength, your quality as a man or woman; bring what it means to be a man or woman to new heights of refinement. Within you are all things, yet in form, you are the definition you bring forth upon your wave of infinite spirit. It is a wondrous state to experience the many facets of your existence somehow mysteriously, ecstatically folded within the specifics of definition. To see the softness in strength, to smell perfume in a flower, to be enfolded in a love dance by the auric sense of subtly – oh, in your awakening, you are all things within whatever form you display. The universe is ever-connected to its entirety for those who open to it so.



Expansion through Relationship

In society today there is much searching, confusion and misunderstanding in seeking the expansion of Self that results from relationship.

It takes courage and commitment to remain conscious and elevated through the many intricacies of a growth-filled relationship. Maintaining your commitment to internal clarity, you become an emissary of a new way, a new dispensation in which successful relationship is the core.

To be successful in a society where self-destructive behavior runs blind and then projects the blame outwardly, you must be able to pick up on and cut through the unconscious mud of perpetuated self-neurosis. For this to occur, you need an expansive understanding of Self, relationship and the Oneness.

To find this is to turn within, to meditate, to discover yourself. This exploration is *sadhana*. Sadhana is the daily meditative discipline of transforming the old into the new. There is no other way as effective as transformative meditative practices *combined with the loving embrace of life and relationship*. Sadhana builds an effective foundation for the graceful and growth-filled awakening of inner relationship, which is tantra.



Tantra is the Soul of relationship. Tantra is the experience of everything being within, specifically within the spaces of your body-temple. Are you not then in relationship? How much more intimate can you get!

Although you can continue to develop certain faculties of individual existence, you cannot really find your true spiritual nature without becoming intimately aware of collective existence. Once you have built your initial individual foundation, further spiritual growth comes through relationship and communion with elevated beings. In that sharing you feel the radiations to actualize the same state in yourself.

Awakening as an active principle within the Oneness, you enjoy the full freedom of your soul, in a tantra of Bliss with other beings of the Oneness! The One voice of the Many ecstatically reverberates through every cell! There is nothing to fight, there is no resistance to feeling Perfection. To see this, to feel this as a reality is to be in the elevated state of awareness that unites you with all that awaits you.

Creating Happy Relationships in Happy Environments

Even as you become strong, conscious and effective, there is only so much that can be done to create happy relationships in unhappy environments. It is an illusion to think that what occurs in your relationships is unique to you and only you. Individual relationships are microcosms of all the issues of humanity. As each couple obtains harmony, they are in truth transmuting and healing the same issues which reside in those they meet, as well as the community at large. A couple in conscious harmony is literally a gift to humanity.

Are these gifts to lie barren? Are you willing to recognize your part in creation of disharmonious relationship and heal it? The pressures of mentally, emotionally and physically polluted environments, such as our large cities, are interlinked with unhappy relationships.

Greater clarity within your own being and in relationship will naturally want a reflection in your environment. Those who are ready must create a way of living which does not destroy the harmony of all life. This is *shambala* – communities of people coming together in their ever-increasing Mastery. It will not work to take a group of people and just transport them into a new environment if they have not done the inner work, do not fully honor their purity and truth, are not yet established in their own Light. The truth of this statement has been demonstrated many times.

Shambala is for those who love the beauty and sensitivity of the earth as an extension of their own bodies, who continue doing the inner work and are committed to participating with and expanding the process on a collective level. Shambala is a community of Masters and those rapidly approaching their Mastery. How can you grow into your mastery if you do not overcome limitations, commit to your growth and value clarity of your Presence?

Shambala is essentially a community of beings growing into the eternal awareness and thus into the application of achieving their eternal bodies. This needs the radiations of those who have already done this, so a shambala must be able to hold the resonance of the Ascended Masters.

Shambala is the dynamic reality of your Ever-Expanding Perfection. Embracing each other in the sacredness of Love, overcoming every obstacle, we courageously enter our earthly abode in heaven.

Shambala is not an organization, at least by earthly standards. Every organization of which I am aware that is formed of outer rules and standards has become, to some degree, corrupt and limiting over the years. The Perfection of the Divine Light for each individual has been replaced by "overseership" of the human personality. In such a scenario, corruption is inevitable.

Organizations are great for helping people to a certain level of growth and participation. But understand that shambala stands beyond that level of growth, spearheading new frontiers and acting as a focal point of enlightened activity.

Having had our own experiences in a number of organizations and inner insight into quite a few others, combined with the experience of the Ascended Masters who live beyond hierarchy and outer organization, I for one know that I will not place myself under the guidance of any earthbound organization. Rather, I trust the pure and direct Perfection from above.

What then replaces the traditional organizational force as a group of people come together and interact? It is simply the Oneness. It is not set in stone, rather, it is a dynamic process, where each knows their part, their skills and can work together. Each takes self-responsibility. Sure, leadership forms, but it is dynamic; it forms, dissolves, shifts, as simply another aspect of the collective energy. Much insecurity will have been overcome before a person can participate in this type of interaction. It definitely is an advance in communal consciousness – one that I believe, in our western culture, will start in small numbers at first.

Beings Here on Earth

In a happy, complete, growing relationship, you experience that wonderful dance of Tantra, of being totally sovereign and totally surrendered into the

blending at the same time. You remain conscious through all levels of creation, riding the wave of bliss to an ever higher expanse of the Soul.

En masse humanity settles for so little because there is not the head, heart and gut understanding of how **Divine** life can be on this earth. To gain this understanding, find your radiant image and bring it into your life. Apply meditative techniques to create the vitality, purity and clarity to direct your life with new found vision. Visualize your image above the head doing things to make your life easier. See yourself radiant, will yourself to be that.

Very few on this planet have ever truly incarnated into a body. Most people are perhaps 20% in their body. When your higher self makes a suggestion and you ignore it, then it continues to float above your head, discarnate. Until physicality becomes more than brick-like, how can your soul consciousness operate more than marginally within it? The vastness of your soul is beyond measure of the limited personality to grasp.

A personal experience:

> I was in a finer body of Light viewing our earth from space. I came to where my physical body was lying on the bed and realized that my consciousness within that body was not yet able to fully receive who I was. I then went back up above the planet and started searching many lands looking for a suitably developed vehicle that could hold the purity of who I was and what I was to do. I searched the earth, but could find none.
>
> I shifted back into my body fully conscious of what had occurred. Going into deep meditation, I called forth my soul into its greater grounding. In the process of doing so I heard a small rebellious thought from out of the blue. I followed it, tracing it, not letting it slip by, until I saw myself as an infant, banged around and contorted. Around me came a number of Ascended Masters who formed a circle and began the healing process. This meditation continued



for days and I watched myself grow stronger and larger, until the age of a teenager. The free spirit of my Soul I experienced a few days ago was grounding more and more into my body.

While I had done years of martial art stances, kriyas, dynamic workouts, deep meditations and experiences of Grace, experiencing myself at times from Buddhic consciousness and beyond, even the Grace of being with my Beloved, still there was more.

I could say that I was incarnating and that very, very, very few on this planet have ever incarnated on it, except for a shell of who they really are.

Years later in the Himalayas, penetrating deep into the higher realms, I overcame the last previously unknown resistance to my higher Light and obtained the Victory, Oneness from above to below!

And there is more!

Soul Mates

Through continued association and intimate communing with each other, deep vibrant heart connections are shared. This inner intimacy of two or more souls who vibrate together, on a single frequency, is the definition of a *Soul Mate*.

We incarnate frequently with established soul mates, as we have common interests, providence, love and lessons to be learned and completed.

Eventually we are all to be soul mates. The experience of being in association with a soul mate is a deep feeling and expression of the soul. It is a joy to be with someone where you do not have to always explain yourself, where you have the capacity to understand each other and reflect the Love of and for each other in deeper wordless inner feelings. A soul mate is an avenue for that ever-present reflection of ourselves into another, thus providing an avenue towards completion. A soul mate frequently has the same areas of growth and from a soul level will stimulate these areas to bring their awareness to the surface.

Because of required completions, translating as areas of disharmony still persisting deep inside of us, a relationship with a soul mate can be very intense and antagonistic at times.

Most are searching for relationship with a soul mate, as in a deeper sense they are searching for completion of internal disharmony, shared inner initiation into greater parts of themselves and the simple experience of Love. Yet, for some, somewhere in the background pops up a little doubt that this is not necessarily the ultimate relationship, in which nothing and everything is occurring simultaneously.

Surrender through Self-Discovery

My body is filled with the Love of the One.
It can do anything under the Sun, under the Sun,
My body is filled with the Light of the One.

In relationship, every part of ourselves is at some point reflected into the experience and opportunity of Self-discovery. Willingness and honesty are required to examine our limited experiences and understand what part we had in its creation. In Buddhist scriptures this is a prerequisite of *Vajrayana*, the path of intimate courage which recognizes no separation. Vajrayana emphasizes that every thought and feeling can be tapped for its source, leading us into a deeper experiential relationship with our radiant-Self-in-All and the perfecting reality of All-in-Self.

Every successful relationship is formed by individuals who know who they are as individuals. Knowing themselves beyond the quirks of personality, they are not afraid to surrender themselves in relationship and become changed by it. Because they have found themselves beyond personality, they partake of an expanded identity. For such an individual, identity is not the outer form, but a quality of being awake.

Understand this subtle yet profound shift of awareness. Such a being gains individual identity as the form of consciousness, not as the form inhabited by *their* consciousness. The first is an incredible awakening of aliveness within the body. The second is a state of disconnection in which true Self-identity is never grounded, whereby identity becomes formed as environment dictates.

When your daily awareness is expanded in the arena of Love, which is what fulfilling relationship brings, there is great ecstasy, greater awakening, greater manifestation of beingness in the world.

A being who has not found themselves beyond the outer personality will be afraid of intimacy. Intimacy is felt within and is a death of clinging to surface consciousness. Intimacy is the free manifestation of Love in the world. In-Ta-Ma-cy = INward, Ta is the Goddess, Ma is birth = "the inward awakening of the Goddess, which is Oneness."

The function of relationship in the larger view is to form the "Body of the One" (the Christ Body existing in the family of Oneness). It starts with the expression "Two bodies – One Soul" and expands to a collective reality of humanity. The process of expanding individual awareness to awaken within the Body of the One will naturally reflect the self-created subtle mechanics of the soul realms. The science of these mechanics is Tantra. The force which keeps everything aligned and flowing is Love. **Love is the free flow of energy, which is the natural state of the universe.** The free flow of Love incarnate is Wisdom. Love is also the force which dissolves blockages in the flow of Love. Manifesting the flow of Love into form is the "Tantra of the Beloved."

Ultimately every relationship is with the Self. Once this is established, we become selfless within the Self and experience the Divine quality of God called Love, which is the underlying basis of every relationship, the root of every emotion.

Chapter Sixteen

THE BELOVED TWIN RAY



Oneness manifest within you and beside you

The Promise

Embarking upon your journey within duality, your soul forms itself, again and again, into facets revolving around the most powerful force in the universe, that it may re-awaken, in the form of a body, in the Oneness. This potency is your "Beloved" consciousness forever radiating from its pinnacle of self-awareness, I Am, displayed as the dynamic and vast perspective of a cosmic couple, united in the joy of its family. The Be-loved is the wholeness of your Soul.

In their desire of unity, some unite light and sound. Some unite with the Ascended Masters and their Soul families. Some unite with pure formless forces of Love. The Beloved is found in many aspects of the universe, the *ida* and *pingala* nadis along the spine for example, uniting into the *sushumna*.

The first meeting with the Beloved is always a relationship with your Self. Some keep it internalized, mysterious and semi-conscious. Stepping forth with a fearless embrace, recognizing the truth of Love, or Perfection of God, will, if you remain true in this activating consciousness, bring forth your Twin Ray in flesh and light.

It is recognizing the way of God, so to speak. To dance as cosmic creation, the joy of being, the perfection of connection – know that nowhere is off limits to Spirit. Omnipotent existence as everywhere, activated through your awakening, is perfectly able to create the outer as within. Perfection recognized within, if given total allegiance, **will** create the cosmic tantra of perfection on the outer.

For such a being, who wants to feel this awakening in their very atoms – creating the Eternal Body and joining with the Beloved Twin Ray are the visions of this Tantra.

"The Twin Ray relationship is the complete merging of the One Soul Flame which is sourced from the Central Sun, which when coming into form embodied both male and female. The uniting of this Flame from the physical is the pouring forth once again of the full Flame in its total God Light Essence."[17]

[17] From page 159 of *The Way of The Goddess, A Journey of Self Awakening* by Shantara Ma Khalsa. (See appendix).

The activity of the Twin Rays bring the full power of cosmic consciousness right into the physical. This is more than siddhis – it is the Love necessary to change the very fabric of creation. It is even the fabric of creation itself.

In summary; uniting with the Beloved Consciousness in form is first activation, purification and centering within your own Self. Then and only then can you apply that inner mastery towards your completion and eventual meeting with your Twin Ray. This union brings greater awareness and awakening within the Oneness.

The Beloved

What a term, the Be-love-d, Wow! To be with the one who completes you through your expression of Love. Can perfection, the feeling within that continually opens, always saying yes, be ever more personal? Ask yourself. Go within! Have you created, in the Perfection of your soul, a beloved partner? Can you feel some intuitive existence of this being, creating you? How do you exist together? Light the fire of your soul through this enquiry.

To enjoin the Beloved relationship, first you must dive deep into Beloved consciousness. In that purity, valued as your essence, the Oneness brings you forth in *Awakened Love*. Walking the path of that purity; swim through every completion, light the fire of inner compulsion. The cosmic dance has found its form in which to play. In this sincerity, the outer form will become your completions, taking on the eyes of your Beloved calling you through every necessary step. Helplessly, with intensity, even like the fool looking to every love as the Beloved, you somehow fearlessly move forward, overshadowed from above. In hindsight, there is nothing that can stand between you and... you!

From the bliss origination of your existence, you have refracted yourself into a variety of experiences, for the enjoyment of tantric ecstasy, of the many in the One, of the multiplicity, of the countless reflections fanning the fire of awareness, of joy! Sparks create sparks and so forth, just as a branch divides and divides again. The tips and leaves of the branch may be thought of as individual soul experiences. Following the individual branches back as they join with other branches, the branch becomes thicker and thicker until it is the tree trunk – the unity of our existence.

The awesome tree of experience shapes us into little families, twigs, cliques, branches, even big conventions, of what has become our existence. For many, the world has become a dense place, with perhaps only a few experiences here and there hinting at its transparency. Yet, many have had at least some experience that is so peaceful and deep, or profound and synchronous, it can only be likened to what must be the Oneness of the Soul. This is the Beloved consciousness. The Beloved consciousness penetrates through all of creation to the freedom of its source, the lamp of your way home. Such a refreshing sight it is!

Awareness of Your Beloved

Some know from the bottom of their heart that there exists for them a soul relationship which is their very existence, heaven brought to earth.

This being is an individual personified soul just as you are, yet you are one in a way that transcends all known boundaries. This special soul may outwardly appear to be just like you, or as different as night and day. One thing is certain – that it is the same essence. Together, the whole tree of life can be seen. The entire universe is seen to exist within the Beloved relationship. It is indeed a grand Cosmic Universal Love Affair, with countless entities looking to remember this greatest of mysteries.

There is only one Twin Flame for each person, just as there is one pingala and one ida intertwining in the body, just as one ovum and one sperm meet to make life, it is the fabric of creation expressed in form. It is the formula we gave ourselves – to use the very law of creation for our awakening, to discover that we are those very laws personified – and thus awake to our eternal joy, our eternal existence.

Beyond The Beyond

Deep, deep in the creative bliss of Oneness, the sparks of individualized God Essence are forever radiating. Each spark is a Presence, I AM, qualifying itself into its particular manifestation of the universe – our world together.

Within each eternal spark of existence is a consciousness – radiating, defining, excelling, experiencing, awakening in all its manifestations. Each spark gathers around itself a clothing of existence, of experience, of image. This clothing of living light is your soul, qualifying its Presence into the creation of the universe.

Your Spirit refracts its ray of existence into twin essence images, revolving around each other. Each essence-image builds itself a soul identity, as a personified Presence, exhibiting its own flavor. Yet these Twin Rays are not separate and are of "One essence."

An awake Twin-Ray couple know beyond doubt that they are "One," and their relationship provides an intimacy, a passion and healing experience of that reality. We each become enlightened through the activated, thus intensified, light of our spirit presence. It is this tremendous depth of activation, which the Beloveds achieve, that brings liberation into the pure source of existence, while in the physical world.

You cannot recognize your Twin Ray in the fullness of what that means until you have penetrated into the singularity of your soul, prior to all its wonderful display. Thus truly the path to the Beloved is first the path to your Self.

Seeing From Two Sides at Once

Through the masculine quality, the individual Self rejoices as an active force and the freedom to be itself. The feminine is the Oneness from which everything is birthed and returns again in its blending. Thus the feminine in her encompassing vision initiates the masculine energy and he offers it back to her in its individual fulfillment.

A beloved Twin Ray is the coming together of this in form, including awareness of self in the inner ethers of the earth and in the free domain of the stars. Both the extra-ordinary and mundane activity of the world become the stage upon which the Divine play is set; when the curtain comes down for the final time, the director still lives as Oneness.

Many subtle distortions occur in spiritual teachings because initiation into the inner mystery of the earth as the Body of the One humanity has not yet occurred. The Twin Ray couple brings forth these initiations in earnest, so as to glimpse into the collective light of our earth, the body and the stars.

A Beloved couple, through their activating presence, often stimulate a situation and then, seeing through each other's eyes from different angles, get a much more complete picture. This penetrates through the veils of delusion so frequently established in the inner planes by forces resisting change. The game of subtle manipulation is over.

Awakening the Goddess, manifesting heaven on earth – the Divine providence of your soul incarnate – is a great intimacy. Many do not know intimacy beyond sex, because that is their deepest experience of it.

The Beloved relationship, while perhaps displaying the greatest passion, the greatest attachment, is simultaneously fulfilled from a level of intimacy that springs from beyond the need of outer looking, of outer compulsion, of neediness. It awakens the inner thirst for intimacy that can only be fulfilled in a state of completeness, of wholeness. It thus is the antithesis of the outer search.

The Beloved relationship is the Cosmic Love Affair. Whole planetary systems literally dance in its wake. The Beloved relationship brings the lasting intimacy, the continual affair, the feeling of being home and an excellent launching pad in which to unite with the Ascended family of Masters awakened in the "Body of The One" – grand players in the Cosmic Love affair.

Each person, each Twin Ray couple, has created certain specifics of the twin ray before embarking upon their voyages into form. These created characteristics, such as man and woman, continually intertwine, further creating the reality needed. This is the "mechanics" of the soul. Such is the yoga of providence.

Relationship Towards the Twin Ray

All seeking of relationship, while not always acknowledged as so, is first and foremost an intimacy with your own self. Finding it all within results in taking responsibility for what occurs in your life. This self-empowerment is the only way that anyone can continue to move through their completions and grow.

The intensity of your devotion to the spiritual path creates the intimacy that will call forth your beloved companions. Your completions, which

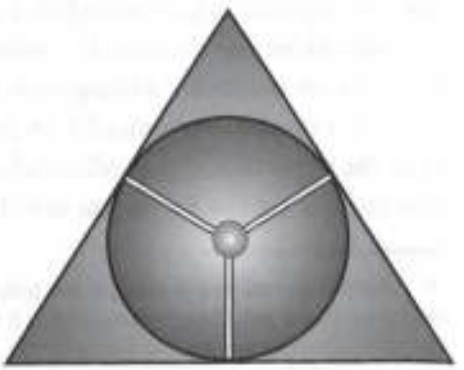
can be very subtle, will become the visible form of your perceived Twin Ray. This process is most often centered around various soulmates. Even if you were living with your Twin ray, when these completions are paramount it will be these that form the actual relationship. As you enter and mature through these completions, the depth of feeling occurs whereby a direct relationship with your Twin ray can occur.

Sri Aurobindo's Twin Ray came to him from France, still enmeshed in a marriage and certain activities. He said, "No, the time is not yet right," and she came back some fifteen years later, never to depart again. Each sets it up differently, but understand the gist of what I am saying.

The intimacy of relationship opens and activates an expansion of inner awareness. From the deep awareness found within, call forth, recognize and dance with the enlightenment existing within all of creation.

Actively remaining in your pure Essence-Radiance is an acknowledgment that all external relationship is in fact the Self. This oneness of the Self is the same awareness that opens you to the One Body, the One Being, our essence unity. This acknowledgment is an affirmation of intention that you honor the Oneness which radiates through all of us. Activity orchestrated by the Oneness is the causative karma-free enlightened existence. **Higher intention is what opens the doors to higher realization.** Acknowledging the purity of Self leads to conscious experience of the Universal Self.

Get in touch with your internal source of energy, inner companionship, intuition and nourishment, which the kriyas cultivate. You will then have a competency and potency to recreate that balance outwardly as well. We all have needs of food, Love, interaction, companionship, fulfillment, etc. When you dramatize your needs through the feeling of lack, for whatever reason, you perpetuate yourself in lack. Otherwise your needs are met, more or less, as you creatively exist in the feeling of completeness. The feeling of fulfillment can be temporarily created through outer circumstance, but its stability requires the inner work. The world is not independent of you and will serve you in the way that you create yourself to be.



Dramatization is often a masquerade for an issue which is not being addressed, such as fear of rejection, lack of self-worth, need of self-recognition, fear of death, no sense of purpose, or something else too frightening to see. Give yourself to the eternal abundance of the inner Self, whereby these things can be seen. Quiet your thoughts, release all judgment and move into the enveloping completeness of true meditation – at that moment you are strong and complete. The more you remain this way, neurotic needs wither away to be replaced with the opening of the heart, a sense of perfection. The open heart never, ever, can truly feel it lives in lack. It is important to stay with your transformative practice long enough to experience this, persevering as necessary in the beginning with an unwavering trust.

It is all fine and good to talk about obtaining inner balance, but without the tools to create the energy and moods necessary, it is an intellectual discussion. **Dynamic yoga and kriya practice are tools to create an inner balance and provide the internal voltage to overcome suppressive habits and thoughts.**

When the fusion channel[18] opens, heaven and earth mix and you float in a sea of ecstasy. The individual body is felt as existing within a larger infinite body. The degree of intimacy with others felt inside the core of the body is on the verge of a love affair. Such a being must choose wisely those he or she enters close friendship or sexual relationship with, because it becomes a marriage felt within.

Those who feel uncomfortable with this intimacy, or confuse it with lust and perversion, will shut down that channel upon its first awakening. What is needed then is vulnerability, that you may bring forth and see the healings that must be.

Treat your intimate partner with the sensitivity, sacredness and intensity of that person being your Beloved. It is in this intensity that you consort with the divine and cultivate the Beloved consciousness. Frequently, relationships are entered as a completion from the past. Initially an incredible attraction may be experienced from an inner force which wants to experience the perfection of that relationship. Yet after a while it becomes clear that there is not the Purity you would intuitively feel should be present as

[18] The most primal flow of energy in the body, opening from a merging of the feminine and masculine shakti, and filling the whole body. It brings in cosmic energy from above and from the earth (see chapters five and six).

the hallmark of the Beloved relationship. It does not matter, treat it as sacred for that timing and this fire will burn out the dross. The lessons to learn are different for each, everyone's path being unique. This is part of you coming into your own intuition, purifying that intuition and bringing forth your own light.

The Beloved relationship is not limited to form. It can play through a couple in many ways. A close relationship may result in the partners drawing the psychic presence of their actual Twin Rays through each other, as temporary manifestations of their Beloved. Never doubt the Perfection of the Oneness, in which the Beloved consciousness exists. Such a relationship is, however temporary, because as a being fully awakens to the Beloved consciousness within, nothing can separate the meeting with the full incarnation of their Twin Ray.

It is not until you experience yourself from a knowingness that lies beyond the duality of the senses that you are able to recognize your Beloved. You must first find your Beloved Self. No amount of outer dramatics will change this necessity. Do not turn the Beloved understanding into another outer search taking you away from the inner sanctuary.

There is one relationship and that is with the Self. There is much healing to occur in relationships today because most have compromised themselves in relationship. This is not a compromising to another soul that we are talking about. There must be compromise to others, because we have our different ways and much to learn from each other, necessitating a willingness to see through the eyes of another. Compromising inner purity, light and depth in relationship creates confusion that will need healing. A pure sadhana restores the relationship with your own depth, where all the answers are and clarity is regained.

Your enjoin with your Beloved Partner only through a maturing of inner growth and understanding of One-Self. When the time is right, all the forces of the earth could literally not keep you apart. Before then, prayers night and day will not bring you what you desire. There is only one way – the Way of the Oneness. Enter your heart, find your Soul, practice remaining in its Pure Light. Courageously face all of life's challenges which are meant for you. Honor those challenges which are for others by not interfering. Continually offer each decision, each experience, each moment unto the purity of the highest good. In a non-fanatical and committed way, practice

the elevating and purifying practices of kriya. In these ways you enter the chambers of Grace which will unite you with yourself in polarity – your Beloved Twin Ray!

Once, amidst a moment of difficulty, a Twin Ray couple from the Pleiades subtly appeared and told me I had three Beloveds. After a little reflection I understood what was being said. The first Beloved is your Self. From this point you begin the journey of coming together with your Beloved Twin Flame. If you are not established in your formless radiance, then there is not the intuitive understanding necessary to recognize your Beloved partner. You can only recognize another to the extent that you have recognized yourself.

Who are the beings who have created the dynamic of a Beloved in a physical embodiment? **The beings of Love;** that is a simple answer holding a great truth. Until you recognize yourself beyond the light of duality, then you are not able to recognize another person as your Beloved even if you were in relationship with that person, albeit a very deep connection may be felt.

Intensity through Intimacy, while Never Settling for Second Best

It is the process of completion, honesty, intensity, love and purity which is the radio beacon that draws together soul mates and finally brings your Twin Ray. Our advice to souls on the spiritual path is that any **appropriate** relationship along the path occur in full intensity and naturalness. Let that intensity do its work, keep you a bit on edge. Keep the necessity of your practice foremost, be a yogi or yogini above all... When you settle for second best, that is what you will get. When you let your relationship turn to convenience, it is already gone. Love your partner as your Beloved. Set them free into their excitement. That intensity will either quickly dissolve the relationship, having learned and completed, or you will grow together. Either way, what greater gift could you give to each other.

Even if someone deludes themselves into thinking they are in the Twin-Ray relationship when they are not, this delusion will serve a positive purpose. Understand, the workings of spirit are great and Love is the power of spirit.

Through any relationship, remain committed and strong in your sadhana. If you lose that relationship with yourself, it becomes difficult to evolve within relationship and the forward momentum can become replaced with confusion. While some prefer the way of drama, I would alternatively counsel to first be a yogi.

In hindsight, in all my relationships prior to meeting my Beloved, I was aware of Her working through each relationship to bring me closer to Her. **Do not get caught in the trap of form.** Upon this path, intimate relationship before meeting the Beloved brings forth the opportunity of completion, initiation and awakens elements of the Divine plan. The completion aspect is often the most individually perplexing and sometimes confused aspect. Many compromising sexual intimate relationships are entered, simply because there has not been found a more Grace-filled or self-empowered approach. A person on the path who is engaging in a pure and dynamic meditative sadhana can bring about much of the realizations of completion through the inner work, i.e., realization, inner transmission, transmutation, working out in dreams, etc. Such a person need not enter into a profusion of relationships in order to bring about their completion. In fact, there may not be the need to enter relationship on a sexually intimate level at all prior to meeting the Beloved. It depends on the individual karmas and nature.

Through daily disciplines of transformative techniques and meditation, such a person can gracefully and effectively maintain their integrity, discrimination and quickening. When you are overtaken by the clouding of unfulfilled passion, you are not established in the upward strength of energy needed to support your spiritual unfoldment, regardless of the level or absence of sexual activity. Likewise, when you cannot feel, when you have lost the ability to be vulnerable, where is the life-force?

The irony, from a passionate viewpoint, is that the most intense sexual tantra takes place through yogis who have the upward energy established and are, in that sense, celibate and contained.



Coming Together with Your Twin Ray

Until the time of physical ascension is imminent, it is very rare for a Twin Ray couple to incarnate together in tantric relationship, except at key moments of planetary timing and in their first incarnations upon a planet. Yet there is no greater transformative relationship upon the planet.

It is a sign of the tremendously accelerated growth of our humanity that many Beloved couples are in fact incarnate simultaneously at this time. There is potential for great benefit if these couples grow to the point of consciously coming together as Twin-Rays. Let me repeat, if you are not consciously conscious, beyond form, on the level of the pure radiant body, then it is not possible to recognize your Beloved through the maya of the world.

You, whether conscious of it or not, have a continuous subtle interplay and support in the ethers with your Twin Ray. This support can take the form of many faces, images and energies. A Twin Ray couple through the eyes of an observer may be like the same being and, through another observer, be as different as night and day. Yet the Beloved couple will share a deep spiritual oneness. Because we all have so many facets, one partner may focus on one set of characteristics, while the other chooses another set, for an increased potency when they blend together.

You can reach Buddhic consciousness without physically meeting your Twin Ray. You can play with Christ consciousness just the same, although upon achieving such a state, meeting your Twin Ray would quickly follow, for to fully Ascend is impossible without the Twin Ray.

Meeting and living with your Twin Ray brings forth a greater activation of the energy above your head. This activation, frequently sensed by others, is one of the prime activities of the Twin Ray couple.

A person is ripe to meet their Beloved when they are ready to offer their Light, so long-mastered and defined, back into the Oneness. They have achieved a level of Love, Awareness and Wisdom[19] that announces a Master. Simply, they are ready to go home to the source of their being through embrace, instead of fruitless escape. This is guided under an Ascended Master who gives clear directives through dreams and meditative transmissions.

[19] The only LAW there is - Love - Awareness - Wisdom. The only truth is Oneness. By following the LAW of the ONE, we come into harmony, which is experience of the Oneness.

Upon coming together in the physical there is the final clearing of past hurts and the further activation of Divine purpose. As Love unfolds, you awaken into the Awakened Family of Oneness – the Beloved Consciousness. The great Masters who hold the responsibility as the oversouls of the various rays often become the focus of that desire to merge with the Beloved Soul Family; the process continues ad-infinitum, all of which ultimately is the Greater Self.

Every Twin Ray relationship involves a lot of deep healing. This healing takes time; its path is truly watched by the cosmic players of the universe, for it is the promise being fulfilled in yet another Soul awakening. If you want to Ascend the body on all levels of manifestation – then you must meet with, heal with and unite with your Beloved, for this Tantra needs its players.

As you awaken certain aspects of yourself within, those same aspects will present themselves on the outer as well. The Mother, as another name for Love, is very practical and the little things in life matter just as the larger happenings do. The little things in life, the day to day ordinary enjoyment and spiritual richness, is the real indication of a Master at home.

Home is the awakened Oneness. As the **application** needed to gain the Ascension, the Beloved couple fulfill their last design of physical service to humanity, empowered by the love of each other, as each other. Then their consciousness will be free to move to deeper levels of the "Self" in "Oneness," in the Ever-Expanding dance of the Beloved. Through this freedom of Love, the soul is free to bring Love wherever they choose. The Light, the radiance given to humanity from such a being shines like a sun and can never again become clouded by doubts and separation. The sun does not need light, for it is its own source of light.

This is a universal expansion, a universal service, a working of the Mother. This is not to say that they will never spend time upon the physical plane again, rather they will never spend time upon the physical plane separate from each other or in the unconscious endeavor of karmic participation.



The Wonder Twins

While each Twin Ray Couple create for themselves the unique details of how they come together, our experience has shown us that at this time on the planet, such a couple needs a penetrating meditative practice to do so. They will have to move through all the subtle resistance within the collective that is not yet ready for such a dynamic activating presence. The following story may help shed some light.

A young woman came to us in New Zealand for guidance and because she liked the yoga. We quickly recognized this soul from our past knowingness of her and could thus see certain karmas from particular lifetimes. She had an incredible power of penetration, but was also sharp and at times, too quick, which had gotten her in a lot of trouble.

In one lifetime as a Druid priestess, she was so hurt and frustrated by the audacities against her people that she used her yogic training to create an inner warfare against her enemies. This created a lot of karma.

We told her that she would have to listen and apply herself one-hundred percent, that at times life would appear grossly unfair, but if she used her power of penetration, she could cut through and see the underlying movements, thus gaining her freedom. She used this same power of penetration to inwardly deepen her relationship with us and with the Ascended Masters.

Over the years she applied herself, went through a number of detoxifications, challenges and strengthenings. A knowingness of her Twin Ray came to her and, keeping it to herself, she meditated often with his Presence. She learned to give ultimate power to her higher self and demonstrated this trust many times, moving to wherever she needed to go as part of her growth, literally around the world.

She briefly visited us in the mountains of New Mexico, then went to other places and countries for further completions. At this time she, inwardly knew that her Twin Ray would be with us in Hawaii and she would meet him there. Again she wisely kept it to herself.

Every possible hardship came to her. She telephoned us from an ashram/house where she was staying. They were having a meeting and she was asked to share her subtle insights. We had already picked up the scenario of a heavy control trip from these people, occurring under sugar-coated icing. We simply told her to speak her truth, which she did; a few hours later was on the streets, yet she had freed herself from a certain influence and past

association. A person gave her some money, but with resistance, thus the money was stolen on a busy street. She was in a foreign country with no money and nowhere to go. Yet she followed her inner guidance and again ended in the perfect place.

This type of interaction continued for months, leading from one completion after another. Meanwhile, we went to Mount Shasta in Northern California, where we met a wonderful young man who lived with us for two months, undergoing many activations. He traveled with us to Hawaii. She was finishing a work exchange and came out of it with forty dollars. She knew that "he" was with us, we knew it, he even sort of knew it, but it was all kept quiet and inwardly potent.

The day we left for Hawaii, she knew she had to meet us there and despite numerous previous failed attempts to get a US Visa (because of lack of money), this time they gave it to her right away, no questions asked. Then she went to buy a bus ticket to San Francisco. The bus company told her it was ninety-nine dollars, she said she had only forty. They said, "Okay," and gave her a ticket. She arrived in San Francisco, calling us collect from the airport, but we were not around to receive her call. Following an inner hunch, she went back to the bus company, where the ticket agency gave her a ticket to Los Angeles for free.

She arrived in Los Angeles, unannounced, on the doorstep of an acquaintance we had mentioned to her months earlier. It was perfect, as that person's parent had just left for five days. There was a reason for everything, which was inwardly acknowledged by all. Meanwhile in Hawaii, upon unexpectedly having to pay an extra hundred dollars for accommodation, we decreed that the money would somehow go to her. A few hours later a friend in Los Angeles said he got inwardly very strongly to give this woman money for a ticket, which he did. She did some very "up to the last minute" completions, even in getting to the airport, before she flew to Hawaii to meet her Twin Ray. As a fully activated, aware Twin Ray couple, they call themselves the Wonder Twins! It was one of our greatest joys to somehow be a part in their coming together, knowing of the wonderful work they will do in the future.

She moved at all times in the power of her dynamic yoga practice and Grace of her "I AM Presence," what we call *Sat Naam Wahe Guru*. The power of the Living Light!

If at any time she had doubted herself, or flinched in the face of hundreds of tests she received, deciding she could not go any further, or that somehow she would not make it to Hawaii because of outer circumstances, then she

would not have met her Twin Ray. The work that they will do together, the healings they will bring to each other and the outer resistances in society they will cut through in order to stay together require the same type of **trust, tenacity and self-confidence** that was necessary for them to come together.

Cosmic Love Affair

Awakening to the Universe pouring through our lifeblood, we commune with the many entities or facets of the Oneness of which we are a part. We become aware of the various rays, schools and tendencies of soul expression which give substance to the Universe. Interacting in the inner intimacy of Oneness, we feel as family – loving, merging, experiencing, supporting, reflecting, quickening, creating, defining, existing within each other.

I have seen the higher passionate workings of this universe and can only describe it as a big Love Affair. Rays blending, massive movements of soul expressions, creation of planets, countless emanations, incarnations all interacting with each other – creating, reflecting, blending into each other as the ONE Body.

The occurrence, the existence, of a Beloved couple consciously incarnate upon this Earth plane is a grand crystal, a beacon, a manifestation of this Cosmic Love Affair. The blending that has to occur for a Beloved couple to come together creates a matrix of energy that weaves itself through the lives of thousands and millions of souls. This is the work of the Cosmic Love affair itself, as it blends the many back into awareness of the One. Our countless facets reflecting within each other create a rapture of universal dimension, hence the size of our universe!

The intricacies of this Cosmic Love Affair require countless dimensions with infinite lines of connectivity. It can never be described in words that adequately hint at the true simplicity, eloquence, bliss and feelings of the One Universal Love Affair. It is only understood by the awakened heart, awakened to the pulse of life, awakened to Love radiating forever as the Greater Self. The Beloved relationship is a crystalline point of awakening on this infinite map of Love. This is the true form of the Mother creating infinite variations of the One theme, infinite destinies which all manifest as the ordinary and extraordinary activities and experiences of life.

Relationship serves to form the body of our larger Self. In Relationship we experience all our individual and collective limitation. We also experience the Love and Joy that is reflected between and through two or more souls.

Through millennia of relationship we experience each other into countless facets of creation. We create each other and find ourselves beyond individuality, ever more than who we think we are.

Experiencing the sovereignty and divinity of the formless Soul is a fruit of Yoga. The experience of the soul in relationship is Tantra. In Tantra we apply our knowingness of Self, discovering that all is Self in a grander version.

Upon meeting the Beloved Twin Ray, all markings of the path disappear and you become the forerunners of the path. You carve it out of the mountains of possibility.



Historical Works of Twin Ray Couples

As a soul is nearing their Ascension, they will often perform wonderful works for the higher good. This is part of their application towards penetrating higher consciousness into the physical. A soul growing into this level of activation will be close to, or have already met, the activating presence of their Twin Ray.

Much of the great spiritual work done on this planet has resulted through the activity of the Twin Rays coming together. While outer examples abound throughout history, the inner dynamics are seldom understood. Many of the Twin-Rays spearheading these movements were also *Kumaras* (explained in next chapter) with great authority from within the core of our humanity.

The Love liberated between Jesus and Mary Magdalene brought forth the dynamics of his now-famous Christing and the example they permanently established to give forth radiations for others. Martha and Lazarus of that time were also Twin Rays, doing much unseen work. Jesu, as he is often called in the inner chambers, continues to oversee cosmic timings on this planet. Mary is very active in the causal realms of Devic creation.

Krishna and Radha, in India, are a synonym for the very word "Beloved." It was in this life that he took the outer mantle of becoming the *Maitreya*, the lord of this planet. He obtained his eternal body with his beloved Radha, now known as Tara, just a hundred years before Jesus and Mary were born. Known by many names, but most often simply as BabaJi, he has been the teacher for many in the victory of the Eternal body, such as Jesus, St. Germain, Koothumi, Lahiri Mahasaya and hundreds of others. Tara maintains her body mostly on Venus and together they continue their cosmic dance between the planets.

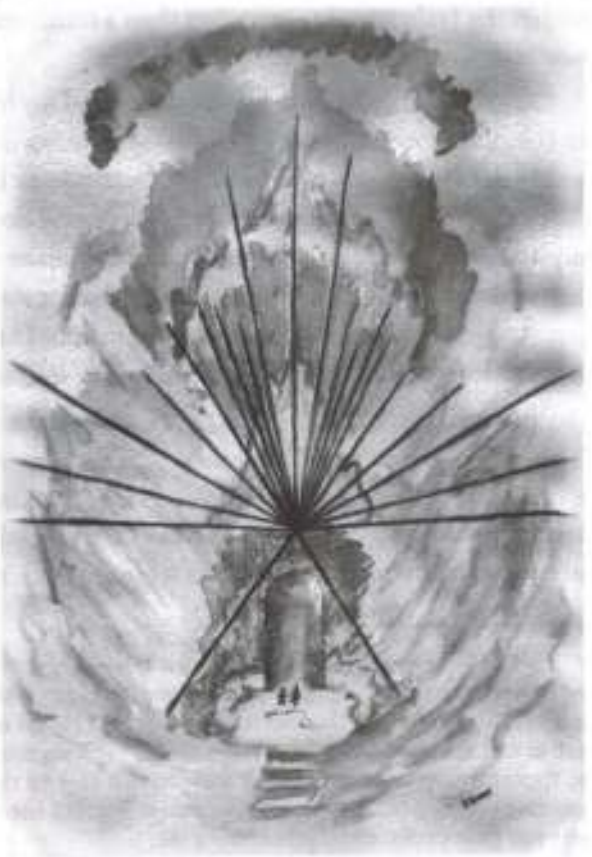
Guy Ballard and his Twin Ray, Lotus, brought out the I AM Teachings in the United States in the 1930's. This would not have been possible without this Beloved union. They obtained the eternal body in the Buddhic realms and completed full Ascension while in the golden cities of Venus, after their sojourn on earth.

Ramakrishna and his consort, Saradi Devi, were some of the greatest tantric adepts of all time, yet this was done in celibacy! Little understood was Ramakrishna's keen intellect, which never missed anything in their

penetration through the ignorance of many so long asleep. Saradi Devi continues to initiate souls who are ready into the cosmic fire.

Aurobindo was a freedom fighter in northern India, who at first went into his yogic practice to gain greater clarity for the movement of which he was part. He went to Southern India for political asylum with the French, entering a long period of sadhana and writings, in his exploration of the upper realms above the head and their grounding into the physical. His Twin Ray was from France. He met her in French India, where together they endeavored to change the etheric fabric of society to support a greater awakening consciousness. She was simply known by her devotees as Mother. Both of these Twin Ray couples finished their Ascension, as did the Ballards, upon Venus.

St. Francis of Assisi and St. Clare were Twin Rays who later incarnated and Ascended together. The above is but a small sampling, yet it does illustrate what is being said.



Meeting My Beloved

The path leading to reuniting with the Beloved Twin Ray involves everything that a soul must do to awaken to the Self beyond the limited personality, the Cosmic Beloved Consciousness within the heart. The soul must demonstrate a momentum of spiritual growth in a unity of heaven and earth.

To share parts of my own path to help others in theirs, I would thus have to start with the years preceding meeting my Eternal consort of Joy.

In this life, I began a meditative sadhana in 1979 based in the Kundalini Yoga practices as I learned them from Yogi Bhajan.[20] His teachings were the basis of an Ashram of which I became a part. The sadhana I practiced was based on kriyas and dynamic exercise sets for the purpose of purification, harmonization and quickening of the body and mind into a centered and elevated awareness. The focus of this sadhana emphasized opening from within the body temple out, rather than a transcendence of the body. This was in sync with my own deep soul beliefs.

My first five years of sadhana involved all my free time apart from a job in computers, even including martial art stances during lunch. During the weekends I went down to Venice Beach, where I did healing work on a donation basis. While I penetrated deeper and deeper into the stillness of my being and had many flashes of intuitive nature and dream initiations at key moments, the real nature of my meditations was very non-phenomenal, just simple anchoring into the pureness within. During this time I was celibate, as was the rule for non-married people in this dharma.

I started teaching as a student-teacher within my first year of practice. This slowly helped build my confidence and intuitive flow, particularly in trusting the higher flow. Yogi Bhajan asked many within the dharma to teach as much as they could the practices of Kundalini Yoga, because people needed it. However in hindsight, it is obvious that this has brought in many

[20] While I learned a lot, and grew to a certain level under the guidance of Yogi Bhajan, I in no way recommend this being as a teacher to others, unless their karma is so strong that it must be. The path to the Beloved requires that each person enter into their own God-Self, and as such the primary duty of any spiritual teacher along this path is in returning each soul to themselves, without the need to draw on that soul for their own limited designs. The intricacies of the path cannot always be seen at first, but later on the path must be seen, or else you go in circles, circles, like creating like.

distortions. The vast majority of student teachers were good as technicians and even intuitive in the perfection of the classes. However, most did not really understand what it takes to work from the higher levels and to help guide a soul's evolution, not even their own!

In 1984 I began to recognize the intuitive openings and depths from the third eye much more frequently; in the summer of 1985, having just returned from our annual gathering in the mountains of New Mexico, I remember the exact minute that I felt my third eye really open. Much came, flood-like, over the following weeks, which would take me years to integrate. Dozens of past lives became known, parts in great detail. Mantras that I had chanted in the past came back to me, as well as bits of intuitive details of my future work, particularly involving the alignment of various soul groups for the collective evolvement.

Part of the initiations I was going through involved total trust in the Light as the source of my existence. As a result, I left the computer field and lived on the streets for a while. I was sleeping on the beach or rooftops, earning just enough for food while in service doing healing work on the streets. During this time I was under no delusion; I was well aware that the real healing occurring was for me. The sensitive auric work gave me a greater mastery of the energy currents through my body. The interaction with others showed me deep soul patterns in others and in myself which would enhance my future work.

During this time my relationship with Yogi Bhajan was almost entirely on the inner, although I went to the classes he gave three times a week. The emphasis of the relationship on the inner rather than on the outer, I later learned, was a saving grace. I was not yet able to see the very gross distortions present; my naivety in certain areas allowed my inner relationship with him to develop on a level of purity and along certain threads of our past relationships.

In 1986 it became more and more inwardly obvious to me that the *Sangat* around me for the most part could not recognize the source of their own intuition, their own masterful radiance. Do not get me wrong, many of these people did practice and were radiant, wonderful people whom I love. But the constant placing of their power outside of themselves was very obvious to me, resulting in growth to a certain level and then no further. The fact that I was only just starting to learn to come into my own truth made it

difficult to see what my soul was beckoning me to see. While I had my close friends with whom I grew and would have a future connection, on a soul level I needed a change in environment where I would come more into my own being.

In the spring of 1986 I met LeMar, a woman who did spiritually advanced work in the center she made in her home in Malibu. There was a quick recognition from a past life, also a recognition of many of the beings whose pictures hung in her house. I recognized one as my principle guide, El Morya, who in the Sikh lineage I called upon as Guru Gobind Singh.

El Morya and LeMar had been my parents a number of times, so this house further served to awaken certain memories. Mahavatar Babaji and Tara also became inwardly known to me at around this time; later I learned they are Twin Rays. LeMar and her close friend Carina who lived in the house were traveling for a month to the southwest. I was able to stay in the house for the month watching after it and helping to seal the energy vortex that was opened over it, as they were planning to sell the house and move, as inwardly directed.

During this time in August I had my eyes-open initiation into the wonderful brotherhood of Ascended Masters, as they appeared one evening in subtle bodies. A few months after this time, a friend invited me to Hawaii and said that he could arrange work on an organic farm he had heard about. In October I went with a close friend, without even enough money to buy food when I arrived. I started work on this farm, a wonderful paradise, especially after growing up in Los Angeles. After our arrival they had record rains for a few months. The small tent I called home for the first five months until a cabin was built was, for me, a happy place.

The day after my friend left for Los Angeles the rains stopped. Just after he arrived in Los Angeles they entered heavy rains and record cold temperatures. By the way, his name meant "the god of rain."

During this year in Hawaii I received many, many dream experiences and much of my sadhana occurred during the sleep state. I had a number of prophetic dreams and experiences about meeting the person that, from a deep inner sense, I knew was my Eternal partner. That this being existed I had no doubt, however I was not able to penetrate into the details. I had to trust the perfection and allow it to reveal the form at the right time. This

was all part of my training, as I still had a tendency to force things too quickly into form and was always on the lookout as to who this being might be.

Also in this time around 1986-87, I began to penetrate consciously into the realms above my head, with at least the ability to somewhat describe five distinct realms of consciousness. This was an important step, one that synchronistically brings forth a knowing of oneself beyond the confines of any outer form, such as a dharma or religion.

In June of 1987 I left for a one-month vacation from the farm to the mainland, on a spiritual quest which I knew was directing me towards my Eternal partner. Just before leaving, I was lying on my back and those I called my Vajra teachers came in presence. Tara swept a cosmic hand over my body. For a moment I could see the stars and then she said, "There are still a few more completions." The stars disappeared and I saw just the roof. I understood that this experience involved my trip to the mainland.

Unknown to me, at the same time my Beloved Twin Ray, living in New Zealand, had been fasting and asking for inner directions to the person who she knew was her cosmically ordained partner. She got the direction from the Ascended Masters to go to Maui, for he would be there. As she flew into Maui, I flew to the mainland. All this is part of the perfection, as our necessary completions were right up to the moment.

I entered a few short and yet profound relationships with soul mates. Through them all I could feel the Goddess Tara initiating me and directing me forward. I returned in July after a number of perfections had occurred and in August, on the Harmonic Convergence, I met my Beloved on the slopes of Haleakala (the house of the Sun) where I lived and worked.

To even glimpse the events leading up to the meeting of my Beloved and the time after we met would take many volumes. Our union began in earnest the path to real self-empowerment in the cosmic light of Oneness, I AM. While it was still a number of years before we gained the full victory in the Light, nevertheless the Light was truly tasted and there was no turning back.

Growth never stops. Life is always expanding. Many more victories that our Oneness will enjoy await us, for in this wonderful expansion of the Bliss nature, Love incarnates...

A Few Days Before

I awoke at three in the morning in the loft of my twelve foot cabin. The voices of demons in the air, this and that, that and this, their senseless mind carried on, unaware of their own light. Bask the mind in sanity. Cut through the intruding thoughts. What reason they their bidding?

Well, by clearing others you clear yourself, and behold floating ethereally was a wonderful Yogi, a blissful friend – tear-filled were my eyes.

He did not speak, just, "Hum, hum, hum...," his silent voice a cosmic motor, awakening me from the dream.

A gateway stood before me, although I did not think in that way at the moment.

"You know," I said, "I am not some celibate yogi, I am a Tantric being," I carried on!

Hum, Hum Hum...

"I want to be with the being I am to be with, I know for Eternity..."

Hum, Hum Hum...

My passion continued to speak, Divine it may be..

Hum, Hum, Hum...

The greatest answer in every detail

Hum, Hum, Hum...

Such was the ultimate truth, found within, *Hum Hum Hum...*

His form transparent to eyes accustomed to outer sight, somehow vanished

to be replaced with three lovely extra large monarch butterflies,

I saw them playing about the room for fully five minutes

One Gold, One Orange, One Violet

Then two joined together as one looked on

and after a while all vanished

replaced again with the dark of the night, the stars, the breeze, the place I was,

A few nights hence I met my Reality.

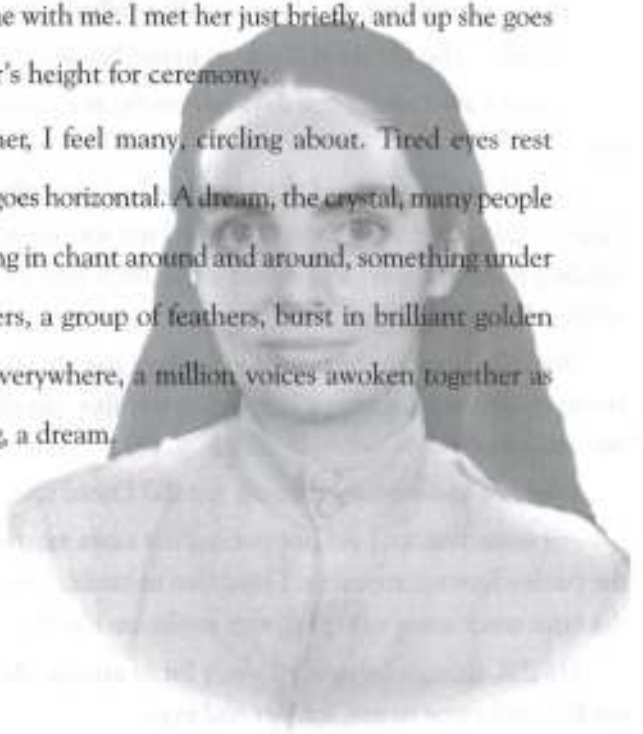
Beloved

The crystal held in my hand, body barely upright, been a long day working on the farm, short-handed, many off on vacation. Started seven in the morning, walked to my sweet abode ten at night.

Was a special, a very special day, chop wood carry water, rather in this case, cut weeds, trim banana leafs, pick papayas, package them by the lantern's light.

Holding the crystal gingerly, given to me yesterday by one who is one with me. I met her just briefly, and up she goes to the creator's height for ceremony.

I feel her, I feel many, circling about. Tired eyes rest awhile, head goes horizontal. A dream, the crystal, many people of light swirling in chant around and around, something under a tree. Feathers, a group of feathers, burst in brilliant golden light, flying everywhere, a million voices awoken together as One, dancing, a dream.



Together

Another good working day

A sharp blade tied to the end of a fifteen foot bamboo makes a good way to cut dead leaves from the high banana trees.

Well, looking up, the sun is there. Trimming away, I thought and actually found myself saying, "Whoever my Beloved is, wherever she is, let her call on the telephone ... right this minute."

Funny thought, some might think the heat was getting to be a bit much, or the mind was trying to find some way to amuse itself so as to ignore the mosquitoes.

But it was true and earnest, so no such ridiculing reply could ever find its space and

"Hari – phone call." – I heard a voice calling from the distance.

I wonder who is calling, I ran up to the house...

The one who I met a few days ago briefly, she wants to come up and see me.

I could not understand, for someone had wrongly told me she was engaged. I said, "Sure, the farm truck had left for town, three hours along a winding road one way, and would come back late tonight." So a ride was arranged.

Walking home in the beautiful fields of paradise, I saw her floating in a vision beside me, just after a large white owl flew silently by. She said, "I am not with that man."

I did not know what to think, nor did I need to.

For some reason, I did not put out the extra mattress in storage behind the twelve foot square cabin. I sat down in meditation, to give the driver of the farm truck some energy to stay awake on the long drive home.

He did, though he needed every bit of energy. At two in the morning my Beloved came to me, forever and ever.

Next Days

Everybody has a day off work!

First time that has happened during the year I have been here.

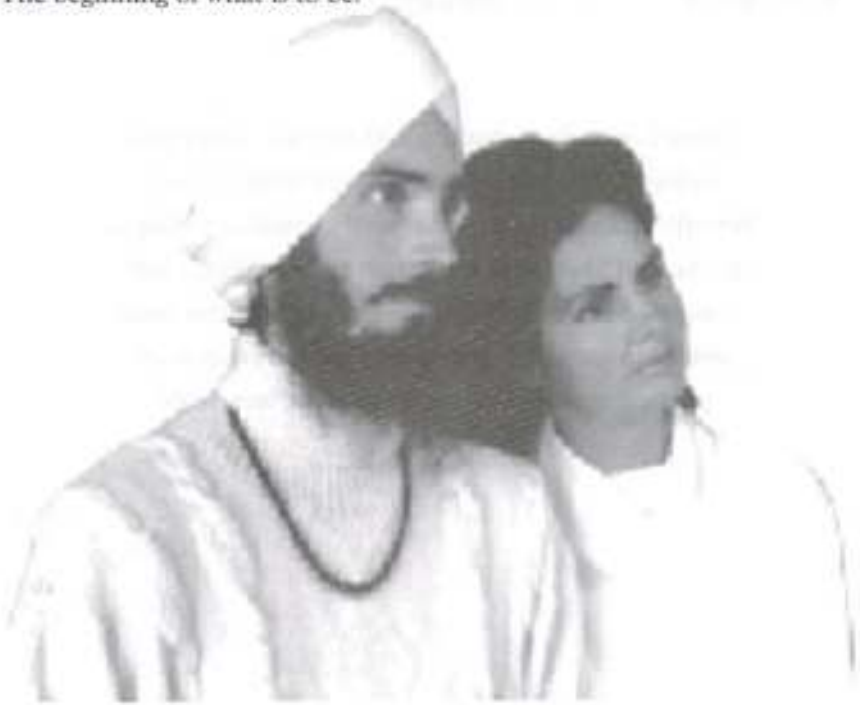
Krishna and Radha could hardly make a better story

Victory, Beauty, Love, Embrace, Unity

Experiences;

> As a mountain with yogis gathered under the shade of a tree.
>
> Proclaiming to the universe, free in ourselves from all those not yet free.
>
> Remembering a forgotten dream of the date marriage to be.
>
> Remembering a forgotten communication, describing clothing, providence, wonders to be.

The beginning of what is to be.





I have been asked what it felt like in first meeting my Beloved. The first sensation was of being divinely betrothed. There never was even the smallest inkling of doubt. It is like a million gauss magnet holding a little compass needle in alignment. The winds of the mind simply do not enter that space. And never upon our physical meeting has there ever been any doubt.

Chapter Seventeen

THE ASCENDED MASTERS



Radiating the Glory and Light of the "One" through All Expression

Of the infinite cosmic multitude, we are those souls who have made this earth our home, our ground of awakening. We have demonstrated ourselves to be an eclectic bunch, like a school with grades kindergarten through doctorate studies all lumped together in one place. The challenge of our hu-man-a evolution is to become the light (*hu*), of our presence (*mana*), in all its glory.

The Eternal Ascended Masters who head this family have transcended all human limitations. They are all radiant, eternally young, have no disease to overcome, can live without food and produce any substance from the universal ethers. There is no beginning or end to the flow, the abundance of life so shared. All lower human emotion such as fear, doubt, anger and depression have long ago been overcome by these glorious beings of Love. They exist at all times within the Bliss and Perfection of the Law of the One; it is their choice to be in constant service to mankind. We can only glorify and exalt these great Masters for the grace they constantly radiate upon those who can receive.

There are those brothers and sisters who are not yet fully ascended, but have embraced the Law of the One and have attained great victory within the Light. In their application towards unifying form and spirit, they often penetrate this light deep into the workings of the outer world, becoming a valuable activity of the Oneness.

From an earthly viewpoint, this family of light has been compared to a Great Lodge consisting of men and women from all races, cultures and dimensions. Its membership is open to all, yet the lack of any barriers is in itself perhaps the greatest barrier for many, as the brilliance of the light of truth requires a completed and great soul to carry in earnest.

In truth, its headquarters exists in the higher realms of light and consciousness inside each of us, beyond the touch of selfish individual manipulation. You awaken to it from within the active purity of your essence. From here the Masters work and disseminate amongst themselves (and those who have dedicated themselves) the synthesized energy and plan of a growing humanity. The subtle source of this work is often unseen by the populace; nevertheless, it is a tremendous positive force to help shape the history of mankind from within, introducing models of excellence and consciousness to humanity whenever possible.

There is absolutely no hierarchical domination, yet everything is very exact. It is a family composed of Love, living in the abundant opulence of Love as all things, demonstrating infinite kindness, strength, wisdom, unique qualities and togetherness. Its entire existence stands by the realization that **LOVE IS THE GREATEST POWER ON EARTH.** If you wish to understand the spirit of your cosmically empowered family, then meditate deeply and often upon this truth.

The Oneness of Our World

There is no mechanical ticking or device anywhere in the universe which moves our world in its cycles of cosmic growth. There is no radiance, existence, or substance anywhere in the universe which is not somehow connected to the conscious command of God, Individualized.

Beings of great bliss, cosmic Masters, literally create from that bliss the physical atoms of our universe and the light which permeates it. Each planet, sun, domain of outer and inner space and ray of soul disposition is the outer form of beings who stand awake in the central flame of that expression. We are all, in our deepest core, a part of this unity, though it has its directing influence. This light is qualified again and again by each who claim it as their own, to become their world, their body, their existence.

Staying awake in bliss, is self-definition. For remember, nothing, absolutely nothing in the universe exists, even bliss awareness, without a consciousness, i.e., you and me, creating it through awareness.

Desiring greater definition, we take birth in the identity of flesh, directing atoms that were long ago first breathed into existence by our awake brethren. Each strives to recapture their full expression within the compacted focus of the body-temple.

The awakened body is a gift of the Mother. It is the ability to harmonize within your own psyche the essence-presence of many different beings, while remaining awake, vital and total in your own essence-presence. This is the "Oneness."

Harmony opens the door of acceptance. Harmony brings a greater penetration of wakefulness into the underlying fabric of your identity in form. Each soul who stands within the governing flame of our world has earned it,

through the way of the heart. Those who want to manipulate others as their means to greater self-definition are still asleep to this Oneness, not yet awake within that flame. When people speak of spiritual hierarchy as a chain of command, this is all to which it refers, nothing more.

As each soul evolves, they expand their Presence to benefit "others," all for the loving experience of it. This activity blossoms and cultivates those who so gift themselves. Penetrating your presence into the specifics of creation for the benefit of others benefits you, because you are getting practice at staying awake through thick and thin. In this way you come to your Mastery.

Positions of Resonance within the Awakened Family of Universal Light

In reflecting on the responsibilities figure-headed by various members of our universal family, remember that it is all of the Oneness. Without this understanding it is impossible to ever get anything close to a true picture of how these positions work and blend together. The Masters work through each other, as each other and with each other, in the Law of the ONE.

The unique radiant quality of each Master naturally lends itself to particular responsibilities and expressions. The role that each Master fulfills is an expression of that Master as an oversoul, earned through becoming spiritually awake. Each Master IS the position they fulfill. At the same time, each position is a particular expression (of the Oneness), which in earthly language can be described as an office. It is all very dynamic, always finding the best way to express Love.

Logos

The *Logos* are the oversouls whose extended body makes up the solar system and its inner space. The personification of the logos, while represented in many places, have a very evolved presence on the planet of Venus and the Sun in particular.

The Logos are the body of mankind in its stellar proportion. It may best be exemplified through the workings of individuals inspired from within to fulfill themselves through the course of higher law and higher workings.

The Logos exist in Buddhic consciousness. Their awareness is not bound to form but *is* the form of inner space itself. One cannot define where the body of the Logos begins and where it ends – it simply is the law of the ONE.

The Logos most directly manifest, in human terms, through the body of *Kumaras*. The Kumaras are beings who embody particular aspects of the collective workings and can work very deeply in bringing forth higher evolvement from within. Each sun and each planet has an active body of Kumaras working on it at any particular time, serving to bring forth the Light of the Logos to the humanity which they serve. My Beloved Twin Ray and I are Kumaras, so I write on this subject from direct understanding. This activity is orchestrated from within the center of the sun or the planet involved. The inner life of a planet is a wonderful discovery awaiting each one of us.

How many Logos there are depends on where you stand in perspective. In truth there is only One – the One Being – manifesting itself as and through countless universes. In the refractive creation of infinity into the possibility of, thus the existence of, a universe, there are many simultaneous formulas of refraction. There can be the seven logos of the seven rays, the twenty-four logos of certain rays, the Logos of so many star systems, the archangels of each realm and element, or simply the Oneness.

The Logos are the outpouring of Presence from the central consciousness which makes up their domain (in this case our solar system). Thus the Lords of each of the rays of soul personality are *themselves* the outpouring of that ray into our awareness. The Lord or Maitreya of each planet is an outpouring of the Central consciousness of our system, as the Governing consciousness of that planet. Each person is the outpouring of their own I AM Presence, as the governing factor of their particular expression in a body living in this solar system.

The purpose of mentioning the existence of the Logos, or oversouls of existence itself as we know it, is to show that literally everything is a creation of creative consciousness. Your thoughts form the extended body of your conscious existence; this is true for all. The rocks we look at, as well as the literal atoms of our existence, exist within the creative scope of conscious

entity which we call Logos. We cannot exist within anything of which we are not a part. Accepting this, there can only be one logical conclusion to the identity of the Logos.

The Logos are the Awakened ones who sit in the center and radiate out the Love fabric which becomes the substance of our world and its cosmic timings. Each of us in turn brings forth the purity of our own Presence into the command of our bodily atoms, ascends it and becomes the Logos of it. In the evolvement of ever-expanding perfection, your identity takes on stellar proportions, overshadowing its cosmic grace to many, as an active outpouring of connected love, wisdom and guidance.

Mahavatar BabaJi and Tara

The Maitreya

The family of awakened beings serving this planet combines various levels of consciousness and cultivated talents, creating a natural hierarchy. Note the word natural, versus a forced or contrived hierarchy. The entire body of the Awakened family resonates within its voice of Oneness.

Every planet, as it reaches greater evolvement, attracts a cosmic soul to serve as its *Divine Director*, also known as the *Maitreya*. The identity of this soul is registered deep within the creation of the planet itself. Often a different entity will fulfill the office of the Maitreya during different epochs of the planet's evolution. The Voice of Oneness as it directs the planet's evolvement is expressed and figure-headed through this being, who holds the telepathic resonance and respect of the totality.

The Eternal BabaJi, as spoken of in Paramahansa Yogananda's Autobiography of a Yogi, is the Maitreya of this planet during this epoch. He is rarely seen except by a few Masters. He has been known as Krishna and has since formed an eternal body which has displayed itself in a number of forms including Padmasambhava, the father of Tibetan Buddhism. He appears mostly as a vibrant youth with a silence which vibrates as the ethers itself. His form can display itself as either male or female. In Guy Ballard's books he his referred to as the Great Divine Director, a fitting title. Ballard gives Tara, BabaJi's Twin Ray, the name of Astrea.

BabaJi controls the kundalini shakti of this planet. He introduces new spiritual techniques, monitors them and at times helps bring forth new dharmas. How much can be released onto the planet is decided by BabaJi and Tara. All beings incarnating upon and leaving this planet are under the awareness of the Maitreya.

It may be of note that a number of characters have claimed to be the BabaJi, using the charisma of the name to further seduce followers into their limited framework. My Beloved and I have met a number of them, all fifth dimensional charlatans, an example of late being Harikhan-Baba. Mahavatar BabaJi's work goes on mostly silently and unseen, not seeking recognition, yet in touch with sincere souls working with and for the greater good of humanity.

The office of the Maitreya itself is not held in public view at this time. There seems to be a popular craze of predictions on this planet that the Maitreya will reveal himself to humanity en masse by this or that date. This is simply a distortion and ignorance of the level at which the Maitreya functions. At a future time when humanity has evolved, it may be different.

While commanding natural respect and reverence, BabaJi does not allow himself to be worshipped. He is the picture of freedom and spiritual responsibility perfectly integrated. He is a Master at returning people to themselves through the Grace-filled acceptance and direction of providence.

No words can ever describe the deep and inspiring Love within this being of the Cosmos, who holds the light of *Ati* upon this planet. The light of Ati is the spiritual mastery of form and formless as ONE consciousness of Love.

All of the fully Ascended Masters have united with their Twin Rays. BabaJi is in unity with the Goddess Tara. Together they fulfill their Cosmic role. Free to travel anywhere they like in form and consciousness, BabaJi has until recently physically resided mostly in the Himalayas. While Tara embodies in the fabric of Venus, she maintains an etheric image here on earth with BabaJi, from which she is quite active. BabaJi has maintained this same body even previous to the time of Jesus, to whom he taught the final liberating application of Self into victory.

The Goddess Tara is a very active source of initiation, compassion and unification. She is compassionate and helpful to all. She is a guardian of the Divine plan upon the Earth and orchestrates its unfoldment in her many

Shiva and Paravati

Ray of Transcendence and Re-creation

Shiva and Paravati came to this earth about 200,000 years ago to ground the *Ray of Transcendence and Re-Creation* which they embody on this planet. Shiva stayed in 250 years of meditation to achieve this.

Shiva is also known by his Venusian name of *Serapis*. Serapis, like BabaJi, holds the art of creating the *Kriya body* and its orange ray mastery. Shiva, in addition to the cosmic diamond-like ray of transcendence and re-creation, is also a *Lord of the Orange Ray* for our solar system.

In Guy Ballard's books, Shiva is referred to as the *God Himalaya* and his eternal consort Paravati as the *Goddess of Liberty*, both very fitting names. In his tremendous love of the Himalayan mountain range, Shiva literally became the very atoms of its embodiment. Witness that this mighty range is still growing in height, as is Shiva in his cosmic love. They can project a physical body of flesh and blood if so desired.

Shiva and Paravati have a tremendous interest in the unfolding destiny of America. This we gained through first hand experience in our interactions with them in the Himalayas. Paravati is the cosmic being who holds the activating Presence of a Temple that is just now becoming reactivated under the statue of Liberty in New York harbor. As of the time of this writing it is now stimulating an area about twenty miles in radius around the statue, stirring up psychic imprints embedded in that region for their release. It also holds a much greater range of subtle influence over the earth and is one of a number of points that are deeply connected to a cosmic breath sweeping through our planet.

From the Central Sun of unified consciousness comes the cosmic ray of creation and re-creation which forms and reforms a planet through its evolutionary process. When the planet reaches a certain level, a being of this consciousness incarnates and embodies that ray to establish its ongoing function on the planet. This cosmic ray is totally independent of the rays of soul personality and their evolutionary expression. The cosmic Master directing this ray works closely with and in co-operation with the Maitreya of the planet. On earth that being is Shiva who directs a tremendous power of penetration.

Transmissions of Ati from Mahavata

On December 4th, 1995 Mahavatar BabaJi left his physical body for the purpose of taking up a greater activity in his cosmic activity. At the time of this occurrence he came to my Beloved and I, transferring the Light of Ati which he carries to us and others who are ready for this providence. This transmission occurred for both my Beloved (Shantara) and myself simultaneously. I was asleep, so mine occurred in a dream as follows: I cleared the surrounding atmosphere of about thirty ET ships which were ethereally trying to interfere with the transmission. As this was done, Mahavatar transformed himself into a particular image of transference, floating in mid-air with a large mountain range in the background. At the same time Shantara's voice spoke from space everywhere, saying, "Mahavatar has physically left the planet. Even though some yogis might say differently, it is not so."

A week later the Presence of Archangel Michael came over me in resplendent Presence and I understood that Mahavatar has merged with this great being. Then on Christmas eve, on the slopes of Mount Ruapehu in New Zealand, Mahavatar came to me in a dream. He proceeded this by clearing something from my aura for the first half of the night. Just before he came to the door, I knew it would be him and said to myself, "This time I will embrace him, instead of pranaming (bowing in reverence) as in past times of physical meeting." He came to the door in a different body, reflective of his new work. The effect was that even though it was the BabaJi, a thought of doubt passed through my mind. There was another yogi with him who I know has been with him, an assurance it was indeed BabaJi.

We embraced for several minutes. His new body (projected from cosmic consciousness) was about five feet, ten inches tall, very slender, with long hair of the same color as his body on earth. His skin had a subtle orange glow to it. His face, reflective of his merging with Archangel Michael, was similar to the drawing of him on the front cover of this book, except that it had a more oriental look. Overall his body was of a Devic constitution. He made reference to this book, blessing it, saying that it was very significant. The rest of the night he then proceeded to transmit a new template of subtle patterning into my throat and navel chakras, both for the

new way that he would be grounding through my presence and into the earth itself.

While I have had hundreds of wonderful dream and meditative transmissions with BabaJi in the years previous, this was the beginning of an even greater relationship. In the following weeks, many wonderful dreams and meditations occurred for my Beloved and I, such that there is a continual awareness of his presence. On New Year's day he merged into my body and brought forth a structure of light pipes of an orange light that ran through and around my body. This particular energetic attunement was in preparation for some work primarily with a number being with strong Arcturian roots. The rest of the evening, every person I saw or even glanced at during my dream travels received a blessing, as follows. The light structure around my body would instantly leap out to create a similar temporary structure around them, then the energy would start vibrating very fast as in a kundalini rising. The energy would swoosh up and after about ten seconds abruptly stop as it reached half way up the body. During this brief time a particular karmic tendency was removed from that person. Upon waking in the morning I intuitively realized that I visited 200 people during the night, as part of the preparation of removing obstructions for certain activities in the future. This particular transmission is a good example of the subtle, yet wonderful activity that is occurring.

The lineage of the light of Ati that Mahavatar has held for 2,000 years is now part of us (and other Masters so prepared) and is our responsibility to carry here on Earth as an integral part of the extended body of the Maitreya.

Mahavatar has not left the planet in his service as the Maitreya, rather he is no longer bound to keep a physical body to anchor the light of Ati on the planet. Because a number of souls have been trained to carry this energy, this transference into the physical is occurring. In his own words, "Before, I could only touch into a number of souls. Now, I can work in a much more total way through these souls." In essence, we are his arms and legs, through which the light of Ati is further grounded into a physical influence upon the collective psyche of earth. At any time BabaJi is capable of, as he desires, projecting a physical body onto the earth. At times he continues to work with certain people and certain scenarios in his previous bodily image.

While I was not intending to write the details above,[21] they are included at BabaJi's request that we are to "speak appropriately of all that we have been shown, as there are no longer any secrets." This new dispensation is being consciously heralded in by the Twin Ray energy, which has the providence and ability to penetrate and requalify the activity of the inner tantras. The inner tantras are the blending and subtle energy activity of beings who consciously work with a light body created in the Buddhic realms, intimately interconnected in formation and activity with the physical body. As Mahavatar has personally overseen the formation of a mandala of his intimate students of the inner tantra, particularly in his appearance as Padmasambhava, he has the authority, understood by all who are a part, to dissolve it. This he has done (November, 1995).

The inner tantric mandala is slowly being rebuilt by the Twin Ray consciousness. Some of the several dozen yogis who were a part of this particular mandala have been removed from this association, as they still need to grow in certain areas requiring future incarnations, possibly on other planets. Every participant must face the challenge of truly living the "Tantra of the Beloved" in all its purity.

Mahavatar is assisting my Beloved and myself to consciously step into the heart of mandalas of beings on our earth who have misqualified the rays of life and requalify the energy back into a greater perfection; in essence dissolving the mandalas from the causal level. This is part of the dispensation bringing forth the Twin Ray energy and supporting the new frequencies coming forth on our planet. While some of the beings who are consciously grounding these old-way mandalas are tenacious at trying to hold onto them, it is simply a matter of shining the light, so to speak.

In regards to the mandalas (also referred to as councils) mentioned in the previous paragraph, these include the priesthood of Melchizedek, the Sirian council, the Osiris energy, the Lyrian masters, various yogic, business and religious circles and soul cliques of many different stellar schools who continue to try to create this earth into their particular karmic scenario, rather than honoring the core resonance of the Love itself and the freedom and perfection this earth holds.

[21] The printing of this book was delayed until after this transmission occurred, and it was thus included.

forms of the Goddess united with all, radiating her Blessing Presence from the very core of this planet.

While BabaJi and Tara are the Divine Directing Consciousness of Earth, a number of Cosmic Ascended Beings serve with them in helping our planet and its inhabitants evolve in the wisdom of pure cosmic love. A Cosmic being has Ascended through the Grace of the Mother of not only our planet, but of even greater domains. They yield forces which shape not only the display of their visible bodies and the rays of soul personality, but they know their Presence as the cosmic rays which transcend even this, consciously forming the inner fabric of creative possibility by being awake in very deep levels of reality.



A soul cannot ground this ray consciously or work with Shiva and Paravati in this way until they are free of all karmic participation. Only those souls who are free of karmic participation and working as Kumaras on the planet can *actively* ground this ray of Shiva's Presence.

The activation that has been decreed forth onto this planet by such beings as Jesus and Mary Magdalene, Shiva and Paravati, BabaJi and Tara, Meru and Mu, Melchizedek, Archangel Michael and others of our cosmic heritage last occurred during the time of Atlantis, which brought about its downfall. The same activation has now occurred. Our planet has a window of grace in which the beings who are grounding certain distortions into the mass consciousness are being brought to face the Light. Shiva has a special function in this and the power to bring forth this liberating work, some of which we have personally witnessed in the course of working with him. This is the dissolution of certain charismatic vortices of personality which are not in alignment with the earth, but draw their strength from the earth for the purpose of perpetuating plays of power. Each conscious releasing of these turmoils lessens the cleansing which the earth will have to initiate through hurricanes, earthquakes, storms and calamities in the process of shaking off this energy.

Paravati as the Goddess of Liberty brings forth the Liberation from all outer conditions. She is a tremendous Grace and Radiation to show the meaning of True Freedom and, in bringing this forth, displays a tremendous Cosmic Penetrating Insight.



The Maha Chohan

One of the principle initiations given to those who enter the Masters' retreats is the ability to work fluidly with all the rays, as One Presence. As each practices this, they open to a much greater mastery, blending and awareness in the Buddhic realms. Becoming adept, these beings play in the stars, bringing forth and blending energies from many worlds and even creating them where necessary. These beings are Maha Chohans or Great Lords, denoting a level of activity from the Buddhic planes.

While many have this advancement in the awakened family, including all the Lords of the Rays, in particular there is a tall Venusian Master, who in the Theosophical literature of the late 1800's was known as the Maha Chohan (Maha means great). The Maha Chohan works as an ambassador to the stars in the activity of the brotherhood, sailing in grace amongst many stellar systems.

When all the rays are balanced, awakened and radiant within an adept, that person is able to work in fullness with certain cosmic rays that transcend the seven rays of humanity. The initiation and development of this is often overseen by the Maha Chohan or those of similar stature. The grounding and expression of these rays bridge the gap between spirit and matter so the body can roam as light, as simply as walking from one side of the room to the other, then back again as a physical awareness. While he plays with all the colors of the rainbow, in particular the Maha Chohan oversees adepts who are learning to work with the silver ray.

He is often seen in a seven foot tall thin English body, with a clean shaven drawn out face and wearing a turban. He has a manner of sophistication which glides, floats and is elegant. He has a similar conscious attainment to Babaji, but his purpose is more in tune with the stars, while Babaji embodies closely the providence within the earth.



In regards to our solar system, we have a number of high ambassadors to different star systems. These are beings who, feeling deep affinity with a particular star system, help guide the integration of that energy into our planetary sphere. Likewise, they also bring forth

evolvement from our planet to other places in the stars. These beings, as all Ascended beings, are not limited in their identity to their sphere of activity, rather they look upon the bright Central Sun of unified consciousness as their home.

The being presently known as the Maha Chohan is an ambassador to the Arcturian system.

Sanat Kumara

The Sanat Kumara is the Maitreya of the planet Venus and is also one of the Kumaras of our Sun, helping to oversee the activity of Kumaras on all the planets of our system. Sanat Kumara has been working with this earth for countless eons and writes the destiny of the planet through the expression of his awareness. The Buddhas of our Solar System, working as One, form a golden light of spiritual protection and guardianship for the long term evolution of Earth. Each of these Masters demonstrates an eternal body, sourced from beyond the need of anything (including air). While working through many, many souls, one that comes to mind as a strong emanation of His golden aura is the Karamapa of the Tibetan Buddhist Kagyu Lineage.

At one time in the distant past, the Sanat Kumara was the head of a royal family here on Earth, bringing forth many gifts for our humanity to open in the future. When planetary activations are occurring, we are often aware of Santa Kumara holding a presiding presence within the core of our earth.

Sanat Kumara is like a sun, giving a great warmth of Love. I have a feeling that Mahavatar BabaJi will become the new Sanat Kumara (the Maitreya of Venus) as he finishes his responsibilities to our planet in about two-hundred years.

Meru and Mu

Meru and Mu are Cosmic Masters who are to the Andes of South America as Shiva and Paravati are to the Himalayas. This couple, having been involved with our earth for a long, long time, help initiate and maintain certain key outpourings and movements from the higher causal planes, unknown to most of earth's inhabitants.

Like Babaji and Tara, they are able to penetrate awareness from those higher causal realms into the physical as one continuity of consciousness, so there is nothing in our world which is beyond their reach or understanding.

Like Shiva and Paravati, they were and are instrumental to the activation of particular temples, such as the *sun-spires* of Atlantis. These temples built around the world by cosmic Masters and governed by the ONE Light, were empowered and directed through the *Solar Disk*. This disk was precipitated onto the planet directly from the unified radiations of all the Masters connected with this planet. Thus its highly charged atoms are composed of pure consciousness. Only Masters who are aligned in the Oneness, of our Central Sun and able to hold a cosmic identity can stand before the activating power of the all-seeing disk, which has the power to change the shape of physicality. It was the solar disk that activated the sun-spires and had the power to literally shift the course of continents – which it did.

No longer existing on the physical realm of our earth, the sun temples were large (up to a thousand feet tall) inwardly curving cones, which were set up in a variety of places. An adept would project themselves and spiral upwards around its surface, in order to elevate their subtle body into a greatly quickened state, from which they could consciously and easily travel and work. Initiates would also physically climb these highly charged structures in a spiral staircase, meditating at different places in order to quicken the cellular structure of both the physical and subtle bodies.

The temples were used by some to teleport from one sun-spire to another, the charged structures acting as both ascending and descending transformers. The sun-spires were also used to tap into subtle energy and bring great vitality for the entire area in which it was situated.

While epics surrounding the sun-spires have deeply etched themselves in the primal memory of the collective, it is not quite time to bring forth this sensitive subject in greater detail. It will suffice to say that very recently, significant karmas and misunderstandings in connection with activities surrounding the sun-spires have been stimulated and lifted from its imprint upon Mother Earth.



Meru and Mu ground great cosmic forces upon and within the earth, reaching not only to the eternally and limitless source of energy found within, but throughout our solar system as well.

Their silent and great work is actively shaping a future for our humanity that is presently seldom comprehended. They work in particular with those souls who are approaching their Cosmic Ascension.

> "The solar disk which they protect will be brought out again on our beloved earth when the time is right. There need to be enough souls on the planet perfectly and harmoniously aligned in the ONE Light who are living in karma free bodies and in spiritual communities (ascension temples). These temple communities will be free of all society's toxic limitations, so that the earth and those evolved souls can be at **all** times an outpouring of Divine wisdom. My Beloved and I are here now – to assist in this alignment of the collective." *Shantara Ma Khalsa*

Lantro and his Beloved Twin Ray

Lantro is a cosmic Master of incredible talent and versatility. He oversees a focalized activity of Masters in the Rocky Mountain Range of the United States. In our inner contact with him, he comes in many forms – sometimes in an American Indian body from when he was a Navajo, sometimes in a Chinese body, sometimes as a very youthful, physically strong man. Lantro was the Sioux Indian Chief Blackfoot. As the Tibetan Yogi Milarepa he was an active participant in forming the inner tantric mandalas, which he is now helping to break apart and reform.

While he is very close to his Beloved Twin Ray, we do not at this time know her name or much about her. Lantro is so masterful on so many rays that different people could report that he is a Lord of the red, orange, gold, green, blue...rays. Lantro has a close affiliation with the Archangel Michael.

He is Light, Happy and as all the Masters has a wonderful field of Love emanating from him. He is very skilled in the martial arts and dance, at times stressing the importance to us of keeping the physical in good shape. It is his poignant exactness and penetrating power by which we are blessed to be guided at times.



Eriel

The strong, wise and omnipotent presence of Eriel is based in a retreat in the Southwestern United States. This cosmic Master radiating a golden warmth is a direct Buddhic emanation of Sanat Kumara.

Eriel oversees an etheric teaching center focalized within his retreat. Many people are brought in their subtle bodies to this university of light for instruction on a wide range of subjects. Recently, Eriel came in a dream as the university's regent and made me his personal secretary. Immediately thereafter I found myself every night holding classes, instructional transmissions and casual dialogue with various soul groups. For example one night I would be working with Sagittarian influences, then the next night Sirian, the next Antarean, the next American Sikhs or a series of classes on Yoga, Tantra, etc. Most of the participants do not retain conscious remembrance upon waking, although many sense they have been "somewhere" during the night, remember a few glimpses or have dreams relating to the subjects covered.

Profound and expansive, the activities of this university relate to personal and collective issues of greater integration, such as biases, relationship, freeing up feelings, demystifying the spiritual path, getting in touch with your roots. The university is also sacred ground where various souls are brought together to learn to live in greater harmony with each other. In time, as the inner work is done, much of this activity will be able to penetrate to a greater degree into physical consciousness.

In addition to the university activities, the retreat also serves to physically and ethereally train the initiates of various Ascended Masters who are coming into greater service through their own karma-free presence and mastery. Many of these students serve as faculty in the university.

All who have earned the right to serve this wonderful Master have benefitted much from Eriel's penetrating skill, wisdom and eternal joy. Nothing is hidden, there are no secrets in this most precious valley, unseen to the eyes of humankind in its present turbulent state.

In Eriel's words,

"To see is to understand. To understand is to speak clearly.
To speak clearly is to bring forth truth.
To bring forth truth is to serve the Light."



Jesu and Mary Magdalene

Lord of the Pink Ray: Devotion, Spiritual Government, integrated presence. Compassion, receptivity.

Jesu and Mary maintain a presence on earth through radiations from the Central Sun, where he heads a council of ascended Masters who bring forth various cosmic cycles of growth upon our planet.

In a dream transmission in Southern India, Jesu showed me that his work with the apostles was one-hundred percent complete. He then showed me that he had a secret work, which he began with Mary 2,000 years ago, which is forty percent complete. This work involved a particular set of Twin Ray couples.

While Jesu does not maintain a full time physical body on the planet, as many of the other Masters who work on the front-line do, he is nonetheless extremely active in the unseen affairs of our planet. He has directly taken on some extremely difficult and tricky karmic influences on this planet, particularly on the misuse of pink, red and gold rays, knowing that he is of the Light which never fails. It should be of no surprise that many of the souls bound in these karmic limitations are playing out those very limitations within Christianity.

In our retreat with El Morya, Gaylord, Leto and various Masters in the Himalayas, Jesu and Mary came one morning, after a particular victory, in their magnificent subtle presence, to bless us and share their Love. He said that he is heading the attention of Cosmic Masters within the Central Sun of ever-present Light who are directing the details of the Cosmic breath that the earth began inhaling in early January of 1995. There is much front-line work from many Masters aimed at releasing constrictive energies held by particular disruptive beings, which if done consciously, will not necessitate a storm of cleansing by earth as part of this cosmic breath.

Mary's Presence brought visions of devic wonderlands, composed of pure consciousness, interacting in a multitude of flowing, soft, harmonious and ecstatic ways. I understood that she seldom visits the earth.

One night, while sleeping, I was taken into an astral temple, where I witnessed an amazing spectacle. Jesus was on a stone, bleeding, in great agony, while a being stood guard on each side. It was a perpetuating image; the blood kept flowing, flowing, as a continual purification. It was a temple created, like a flame, to purify pain and suffering on the planet. It was said that very few had ever visited this place, even among Jesu's students, such as the apostles. I intuitively understood that many of the saints, such as Saint Francis of Assisi, who would bleed from the wounds of Christ, were in fact directly connected to this temple and assisting in the purification of the collective psyche.

While many might take offence, nonetheless, the history books, even if titled as scripture, seldom capture the full flower, hidden purposes, challenges, limitations, or even basic factual truths of times long past. This should be of little concern to the students of Light, for it is in a forward direction that we are moving, each becoming our own Master.

Jesu gained from Mahavatar Babaji the full import and radiation of how to apply himself in the full activation of his being towards the Eternal Victory over death. Babaji had previously gained this same victory a hundred years before Jesu. Meditate and feel yourself above the head, knowing thyself as eternal spirit. Then say, *"I AM The Resurrection and the Life."* Can you touch this sacred application into realizing your spirit as all things? This is not a religion, it is freedom from all religion, limitation and dogma.





El Morya

Lord of the Blue Ray: Government, Leadership, Keeper of the Crystal Grid, Brings in Solar energy of the stars. Ambassador to the Stars. Radiates the template for an evolving humanity. Gives forth ability to remain in your higher-truth, staying in the command that truth radiates and working together with others in the truth of unity.

El Morya has also been known as Guru Gobind Singh of the Sikhs, Rishi Dush Daman of Hemkunt Sahib, King Arthur of the round table, one of the three wise men of the Bible, Apollo (closely aligned with Jesus), the God Mercury, a mystic American-Indian woman of fathomless depth in the Dakotas of America (14th century) and Virochana – a great Yogi who came with Padmasambhava in bringing forth to Tibet the Ati Dzogchen teachings of non-dual nature, to which we refer in this book as the I AM Presence teachings.

El Morya is the Keeper of the Crystal Grid on this planet. His words are few, exacting and command excellence. His work is often silent, yet very effective. He, along with the other Beloved Ascended Masters, cannot be given full justice through words.

He focuses a retreat near Darjeeling in the Himalayas. When El Morya graces anyone with his Presence, everyone comes in alignment instantly. His leadership qualities have been proven in many of his earthly embodiments and he carries spectacularly the mana of these experiences.

El Morya embodies the power of Love in his willingness to go into various situations and, with an expert hand that never flinches, brings out that which is good and beautiful. His timing is exact, knowing when to act and when to step back. In the old language – he is the one who sits atop my head in loving light.

In regards to his Twin Ray, I am not presently conscious of seeing her, although I have heard her voice. I have a feeling, while not confirmed, that she mostly embodies herself on another planet. To Cosmic Masters, distance does not exist. The play of the Twin Rays between planets serves a

El Morya is a warrior par excellence, one who knows the Oneness. He is natural, cultured, at ease, very caring, yet carries an infinite sense of strength. Of the various artistic renditions of El Morya I have seen, few seem to capture his eyes, which are majestic intimacy itself. A being must feel relaxed into their own radiant nature, accepting their own Divinity, to be in such Presence. His very Presence challenges people into being in their own Presence. Nothing escapes his notice. A mistake many of the paintings make is in showing him as aggressive. He is neither aggressive nor passive, but brings forth a third quality known as enlightened balance, such as portrayed in the images of Krishna.

I remember sitting with him and others as a yogi in the Himalayan snows. He let me make certain mistakes, that I would learn for myself, yet never missed the opportunity when appropriate to bring forth a wisdom, whose truth echoes in the mind with the effect of a command. In those snows we set the etheric support for future works. I remember the lifetimes following, playing as playmates, then a few years later, riding into battle. What was once a righteous and just cause lifetimes later requires the release of righteousness itself, less it binds one to a perpetual life of demigods. Everything is such a play, illuminating the truth of the Ever-Expanding Perfection.





Saint Germain and Nada

Lord of the Violet Ray: Spiritual healers, distribution of the earth's resources including minerals, opening up new lands, activation of the crystal grid (template of light and the circulation of light upon the planet). Initiating new energies into the populace from the central intelligence. Emphasizes importance of the Individual God Essence and freedom.

Saint Germain has spearheaded the bringing of the new in many of his adventures, including an incarnation as Christopher Columbus. He (along with Koothumi) overshadowed the line of Merlins (head Druid Priests) and incarnated as the Merlin of Camelot. In this capacity, he brought forth the Arcturian Gateway and the invisible form of the transmutational dragon, which invisibly guards and moves forces of destiny in higher alchemy. He was Joseph, the father of Jesus. Saint Germain has had incarnations in China practicing Taoist alchemical energy arts and in New Zealand as an early influential Maori Prophet. As Comte Saint Germain, he was an advisor to the royal court during the time of the French revolution, where he attempted to prevent the impending bloodshed by advising the rulers to change their ways and loosen their stranglehold on the populace. While doing this he had to hold at bay the corrupting influence of the church, which wanted to keep things the way they were.

Saint Germain has a keen interest in the west and has worked for many centuries in Europe and America. He has brought the highest Ati Dzogchen teachings of non-dual reality into western language and cultural identity, while never compromising the truth of universal law in which these teachings originate. He is the perfect embodiment of eloquence and refinement, a visionary who brings in the new with unparalleled diplomacy. In these qualities he truly epitomizes the violet ray.

As the figurehead of a ray emphasizing personal freedom he is intimately involved with the destiny of America, whose providence from ancient times places it as spearheading the freedom of the individual into a new octave of spiritual advancement for the planet.

I had a brief dream in which Saint Germain was being called the Maha Chohan, as if he was taking over the responsibilities of the being known by that title. Saint Germain is blessedly one of our nearest and dearest elder guides. His assistance to my Beloved and I in our journey is frequently invaluable. We are always answerable to him through the Divine plan.

The very elegant and soft healing energy of Nada has long been an undying strength for many. Her incarnations include Mary, the mother of Jesus. She carries a soft pink feminine energy and, while very strong in her essence, she often prefers to remain anonymous or in the background.

Hilarion

Lord of the Green Ray; Science, Art, Linguistic Skills, Lord of Karma. Harmony and the perfection of timing resulting in terrestrial overseership.

Hilarion incarnated as Guru Nanak, who initiated the dharma of the Sikhs. He sang and chanted many songs about the Divine nature. He encouraged people to always vibrate sounds that would connect them to divinity, while himself being a source of that divinity. While his life as Guru Nanak is portrayed as otherworldly and has him effortlessly performing miracles in abundance, he was actually very connected, grounded and somewhat of a revolutionary. Guru Nanak began the first decades of his life as a farmer who was not afraid of being different.

An emanation of Hilarion founded the recent "reformed sect" of Tibetan Buddhism.



He has a special interest in science. Hilarion is a gateway, appearing at times with his white beard, beautiful smile and solar radiance, at other times in a youthful and vibrant form. Hilarion is one of the Lords of Karma for our Solar System. The green ray he heads is often seen in combination with white and gold, although he is a Master of every ray.



Koothumi and Saint Clare

Lord of the Gold Ray: Enlightened mind, education, sciences, economies, new technology, human excellence, abundant manifestation, will. Golden ray of the inner earth and its kundalini. Gives confidence in the tangibility of your higher source.

The Ascended Master Koothumi Lal Singh is a very active figurehead of the gold ray for this planet. He was previously incarnated as Quetzacoatl, Moses, Saint Francis of Assisi and Guru Ram Das of the Sikhs. He has a number of incarnations within Tibet. He incarnated as a Merlin prior to the famous Merlin of Camelot to help set the stage and, along with Saint Germain, personally overlooked much of the subsequent Druid activity.

Koothumi is a Master of the Inner Earth science and his Presence is remarkable, capable of moving a lot of energy! As Lord of the initiating ray of gold, he is always very close to students and adepts when "tests" are being given by the Universe. He visits often, as a home with St. Clare, a beauty-filled valley deep in the Himalayas of Tibet, unknown to the public, where their love of nature finds wonderful reflection.



Koothumi and Saint Clare head a retreat in Tibet in the Himalayas towards the region of Badrinath.



Djwhal Khul

Djwhal Khul is a penetrating Master who, from my perception, has elevated a blend of Pleiadean, Sirian and Vulcan roots. He is most definitely a yogi, fun-loving, poetic and crafty. He is the subject of some epic stories, yet meditates as a yogi with beings whom this world is not yet ready to know. While my mind has at times formed various images from past association, I cannot say what he actually looks like. My own sense is that while many quote him and talk of him, few actually do so beyond the veils of their own distortion.

Some literature reports him as the Lord of the Red ray for our planet. Of this I cannot say, albeit, the red ray is strong for him, particularly his involvement with the elementals, his love of service and physical details.

The red ray, while one of the first to gain recognition, is one of the last to be seen in the cosmic light, for the ramifications of that vision, applied, is full Cosmic Ascension, right here in the physical. Meru and Mu are examples of great cosmic beings who have this mastery of the red ray and hold a model of its proper use for the future of mankind.



I sense, as I write this, that the Master Djwhal Khul's personal meditation into obtaining his Cosmic Ascension is very tied into great penetrations of the light into the collective awareness, bringing great victories. For this he will be much more known in the future.

Gaylord and Leto

Gaylord and Leto find frequent mentioned in Guy Ballard's books. In the books, Leto says she spent two-hundred and fifty years in a youthful regenerating body in the company of the Ascended Masters, awaiting the timing of Gaylord, her energetic Beloved, to become ready to accept his full Divinity and thus their meeting. Even after they met, while having no difficulty in accepting the Masters, it took a year or so for him to accept himself as who he truly is.

This couple work very closely on the front line of many hot-spots on the planet, sometimes even physically appearing from the ethers in front of various political leaders, at key moments, to give counsel. He told us that they usually keep the fact of someone appearing to them out of thin air to themselves, as no one would believe them anyway and they do not want to endanger their political career.

Shantara and myself feel very close to Gaylord and Leto, having etherally known them for many years by the name of El Ron and Sedona from the Pleiades. Gaylord also has strong connections with Essasani. Gaylord and Leto live with and work closely under the Ascended Master El Morya in their ongoing service and training. They frequently take over the day-to-day assistance given to students under El Morya's care.

Gaylord and Leto are one of the prime energies preparing the way to bring greater awareness of the Ascended Masters into the outer world.

While in Darjeeling, I had a dream with Gaylord and Leto, where they were swimming in and out of rough six foot waves at incredible speed, like a pair of dolphins. They had long slim youthful bodies with suits and fins and were thoroughly enjoying themselves. In the background was the United Nations building, signifying the political energies they were swimming in.

Leto, as all the Ascended Masters, is so still and harmonious within the light that her vision never misses anything. This is her personal beautiful mastery on the pink ray, which she carries masterfully in her I AM Presence. While fully aware of all the healings, intimacies and experiences that must occur in each gaining their Ascension, Gaylord and Leto emphasize that life is what you make of it and reality is formed from that to which you give your power of attention.

Victory and El Dora

Victory and El Dora are Ascended Masters from Venus. This Beloved couple emanates a very sophisticated and down to earth regalness, that is compassionate and hears what everyone has to say, creatively weaving that into a vision of greater perfection.

El Dora overlooks certain temples on Venus that have deep workings with our earth. She stands out in the electric strength and beauty of her green ray, bringing much healing and depth of feminine wisdom. Her Grace will be much more known in the future upon this planet, particularly in the establishing of certain Ascension temples in the United States.

Victory is a being who well understands the universal "tantra." He often sits in particular points in space, drawing forth and directing great rays of healing upon our earth. He radiates a great strength on the orange ray, as always sensitive to its expression as the One Presence. There are no words that do justice to the benefits and elegant enlightenment gained in the Grace of this Twin Ray couple's presence.

Some of the Other Beloved Ascended Masters

Many other personally and cosmically Ascended Masters are active in service to our planet, numbering, I believe, in the thousands.



Beloved Lahiri Mahasaya maintains a physically Ascended Presence on Earth with Mahavatar BabaJi, as do a number of the other Kriya Masters under BabaJi's guidance. So much wonderful work is done on a planetary level by Masters who choose to remain in the depths of some of the world's great mountains.

Sometimes the Masters will invite Ascended Masters from other planets to help in a particular process on the earth. For example, there is much exchange from Venus. A series of sister temples to Venus are being brought forth in the coming decades, all on new vortices being activated from within the earth. In these places there will be much exchange from the etheric cities of Venus, some of which in the Buddhist scriptures are known as *Da Wa Chen* – the land of the Golden Buddhas.

The Kumaras

As we understand it, about twenty percent of the earth's present population have committed their soul essence into humanity's collective light, as part of this planet's long-term awakening. A *Kumara* is an advanced soul who deeply embodies particular aspects of the collective evolution, as their application towards greater awakening. The play of the Kumaras was deeply imaged early in our planet's history. All Kumaras are oversouls, but not all oversouls are Kumaras.

The collective issues that each Kumara addresses are a way of magnifying those same issues still subtly inherent within their own soul case. It is a way which totally defies the logic of the outer mind and forms the stuff of which epics are made.

The earth's Kumaras form the extended body of the Maitreya and the outpouring of the Logos on this planet. We have been shown that there are forty Kumaras, each connected deep into the workings of the collective psyche. At this time only a dozen of these forty are self-realized in this capacity. The Kumaras consciously or unconsciously serve the workings of the Mother.

The Kumaras work in evolving and lifting karma for large groups of souls, as well as for certain key individual souls. Working directly with the Earth Mother, they often travel extensively, activating and releasing images imprinted within the earth. The Kumaras see the world as the stage on which the Divine play is enacted and various souls evolve.

While not always outwardly conscious of it, without exception, there will always be a lot of activating activity around a Kumara in the eighth and ninth realms above the head. The Kumaras blend the function of being on the very frontline of the world evolution with the disposition and qualities of the yogis.

After obtaining the physical ascension, a Kumara may continue to serve in that capacity for the purpose of evolving into their cosmic ascension. The personal ascension is when you create the eternal image into physicality on a particular planet, through the light within that planet. After doing this, a soul will continue to evolve, whereby they can recreate that image anywhere in the universe, as desired. This is the signpost of the full cosmic ascension.

The most recognized of the Kumaras are those who form the figure-heads of the seven rays of soul disposition upon our planet. These *Lords of the Rays* are all awake within Buddhic Awareness, with their Twin Rays, have all achieved their Ascension and serve as a radiant wisdom-light to actively guide humanity in often unseen ways. These beings so actively involved in the intimate workings of humanity often guide and help those who are committed to spiritual service for humankind and to obtaining their own spiritual freedom.

The Maitreya, the body of Kumaras, the Devic-gods and the family of Ascended Masters assist the individual and collective evolvement upon the planet through an inner connectivity. It is a grand dance sometimes involving many, many souls.

The Kumaras do most of their work through the higher mental faculties of Light, beyond the outer personality. A Kumara who is not yet consciously awake to the Oneness and their activity in the higher mental body has a split between their higher Presence and their human self. These beings, while of significant spiritual advancement, have not yet penetrated into the purity and fullness of their I AM Presence and thus cannot call forth the perspective in which to release the distortions which perpetuate this separation. The healing of this split is often the reason they choose to become Kumaras in the evolutionary plan. A Kumara, when first embarking upon their chosen providence, is self-awake and aware of the task ahead of them. However, the challenge is maintaining this as they enter the inevitable solidifying of subtle seeds of separation not yet mastered and released.

While there is no fixed formula, many of the Kumaras not yet ascended incarnate from one birth to the next very quickly on the planet in which they serve (with a few exceptions). There is also a very active exchange presently occurring in our solar system, where Kumaras of various planets are incarnating on other planets, to address issues carried between the planets and solidify the unity of our solar system.

Until awakened, each of us simultaneously works for the Light, while also still embodying characteristics that resist the light. The higher Light is beyond duality, so in truth, everything serves it one way or another. Some beings choose rather dramatic ways to eventually see the limitations of their creations, involving many other souls as well. As previously mentioned, the Kumaras embody the deepest issues of humanity and their ability to *awaken* amidst them brings forth much potential for all of humankind.

The tantra of lifting deep individual and collective past images, en masse, requires the authority and ability of a Kumara or planetary oversoul. When a Kumara awakens within their deep jump into the unconscious of humankind, they penetrate not only to the first, second and third ethers within the earth, but to the core. The core of our planet contains the stars and is the focal point of humanity's collective light body. From the core, seed images are released to the surface, both individually and en masse. Obviously the core of our planet, like the inner sanctums of our bodies, exists beyond conventional concepts of time and space.

The Kumaras, through the power of the Maitreya overshadowing them, literally perform a cosmic dance with the healing and blending of many individual images imprinted upon the inner ethers of our earth. This transformational dance releases images from within the earth (and body), vaporizing the clinging to old hurts through the emotional power of refreshing Light that gives no power to the shadows, inspiring those conscious enough to not re-create old patterns of limitation.

The energy of this dance of the Light which knows no resistance can zigzag its way around egoic obstacles and hit its target, lighting it up and bringing it up to be seen in the light of waking consciousness. It is a grand cleansing, like a burning off of soot covering your window. It cuts strings of attachment, hoping that in the joy of the dance, you will have learned not to make new, unnecessary ones.

A number of Kumaras, stuck in certain roles, have popularized themselves in exclusive titles, such as the Mahan Tantric or the Saviour of the Universe. They have said things like, "Who do you think is running this universe?" as a way of implying that they are. This ability, whether from the level of a Kumara or simply a knowing and advanced soul, should never fall into the hands of the outer personality and be used to promote oneself or gain outer recognition. Yet the miracle is that even in such a scenario, those who are involved with these beings and are able to maintain their purity still benefit, for the Light beyond duality is also beyond the personality who is directing it. That is, it is directed by the *purity* of all those who call it forth and the Ascended Masters who also respond to that pure call, not by the person pretending by wearing the clothes of a saint over a wolf's desires. This work is an ordination of the Earth Mother Herself, through the extended body of the Maitreya upon this planet.

Each individual can become conscious of their own existence within the earth and the stars, bringing them together to heal and make whole their expanded awareness. This is the work of a being coming into Self-Mastery. Each being becomes a Kumara of their own body through inwardly awakening, having the power to release self-created contractions unto the altar of their divinity.

The higher tantras, as a penetration into the individual and collective psyche, are incredibly potent for bringing up and releasing hidden issues and images. They are often very subtle, with the capacity to cut through the ego defenses into the inner issues and the balance of energy itself.

The Light is Many Splendored in the Oneness

There are additional responsibilities and expressions played out through many unseen Masters within the workings of the One Light. I know there are hundreds of Ascended Masters who maintain an active connection with this earth. There may even be thousands… What I mention in these pages is only a small portion of the many glorious beings, each a thrill in the heart to contact, that work in this Body of Light.

There are Divine functions filled by many of these beings that will not come to public light until mankind lifts some of its dross. The common thread among this body of awakened beings is their alignment within the heart of Mother Earth. Frequently many developing Masters are brought into this circle for evolutionary assistance, at various times for various purposes.

At this point I must mention that an Ascended Master can only work directly with another person to the degree that person is evolved in their own Realization. For example, a person may be very clear in some areas and distorted in others. In those areas of clarity they will be clear in their relationship with the Ascended Masters. In the areas of distortion, that distortion will color what they see and perceive.

The Masters who work on the frontline of the evolutionary process of our earth are very skillful at returning people to themselves in a way that the person concerned may best see their own limitations. The loving hand and exact eye of a Master artfully bring these beings to the place where, by the intent of each person's own free will, they taste the nectar which flows

not by force, but by eternal radiance, consuming forever the idea of egoic self-contracted origination as life.

Some ask why there are not more women presented in these roles. There are in fact many more souls wearing a feminine embodiment who are active within the Awakened Family than is realized. As previously mentioned, every Ascended Master is a couple, because the full Ascension process is not possible without joining with the Twin Ray. There have been cases of Masters waiting hundreds of years, in fully regenerating bodies, for their Beloveds to come to that place of completion whereby they may Ascend together in the full freedom of their Eternal Flame.

It is the masculine nature to be more outward in approach, while the feminine holds it quietly from within. The masculine essence as the outer force of manifestation is the more outwardly active and thus the more well known, at this time. As we evolve, many more feminine Masters will be known. A woman, as the feminine nature, does not make herself known as obviously, except to the inner consciousness of those who understand.

As the feminine regains its rightful acknowledgment, it will transpire that an equal balance of masculine and feminine forms will be acknowledged by the masses in their spiritual attainment. It is foolish for women to strive for equality in the masculine sense of equality, when in truth a woman's chemistry innately holds a close feeling of intimacy with the inner, providing her access to the real power. Yet this closeness does no good if unnoticed by the woman herself. It is up to each woman to awaken as the Goddess – that is something that each must do for themselves.



The Multi-Dimensional Body

This family is founded in the Oneness of which each one of us, awake or dormant, is. As a working body of unified consciousness this Great Body of Individually Awakened Light is composed of all beings who at that moment are consciously applying and expressing their higher self.

The Light of this Body forms **literally** from the great, great joy that awakened beings exude and express through being together. Each is inwardly awake, responsible, capable, committed, pure beyond corruption and recognizes their individual Light as a Light within the Oneness. The glorious Presence of one Master never detracts from another – this is the Oneness, consciously recognized by all of such stature.

The third dimension is physicality. The forth dimension is a world more instantly shaped by the nature of thought and, particularly, emotion. In it, time and space are recognized but are not constrained in the same way, as distance and time can collapse to new configurations as dictated by the nature of the circumstance. This world is commonly referred to as the Astral realms. In it, as in our physical world, there is a large variance in the beings who move through it, awake and asleep, gross and pure.

The fifth dimension is an even more subtle and very lucid expression of form. It is a world in which awareness is vivid, very present and can shrink or expand to vast dimensions. Time and space can bend to serve it at will, yet can also, if desired, appear to work in ways of conventional linear time and space. While the forth dimension has an emotional quality which seems to rule it, the fifth dimension has a sense of inner command prevalent within it. This realm is sometimes experienced through lucid dreaming in which you seem very awake and conscious within the dream. These subtle worlds, in which a part of us operates all the time, have inherent avenues of limitation which can serve to trap the scope of attention.

The fifth dimension is prime ground for many entities who enjoy the sensation of power, even to the extent of greatly manipulating others to feel it. Also, within the fifth dimension lurks a subtle pride, inherent within the sense of command one gains over the subtle energy flows of the body while in this dimension. This dimension serves as a grand place of purification, where a soul can work through the intensity of their limited viewpoints and become free to enter realms of greater oneness.

The journey does not stop here; rather, it just begins. The line of good and bad falls quickly away in the realms above the fifth. Distortions in the higher realms often cannot be seen for what they are until they have been brought to circumstance in the lower realms. While the karmas within these realms are more subtle, they must be worked through so as to achieve an active and pure expression in the Oneness.

Attention which is not free to remain governed by your God Self separates itself from the ultimate supremacy of Love. It can then entice itself into all sorts of scenarios which seem to be the ultimate reality. It is the challenge of each person to bring definition in the upper realms which gains its identity directly from their God Self.

It is a joy to operate consciously within these realms, which respond so quickly to our every thought. They hold vivid experiences of great wonders, lessons, higher emotions and gatherings. Yet once entered, these realms are not glorified as the source of your existence anymore than you might think of a rock on the physical as the source of your existence. It just is not the case. Your I AM Presence at all times is that source. By embodying that awareness, you are free.

Within the family of Masters there are many alliances or groups which "choose" to work together in particular ways and domains. These spread across many planets, stars and dimensions. There are particular beings who give much attention to planet Earth. It is these beings with whom humanity is most familiar, through their effects as key individuals of our history and in their subtle influence through the meditative realms.

There are also a number of souls working in the subtle dimensions in a personal exploration of power who choose not to align themselves with the workings or aims of the Brotherhood. A few of these actually try to work against it for the purpose of continuing their experience of separation, wanting to alter the course of evolution so as to further support their ignorance. The following example illustrates:



While functioning out of the body, during sleep, I was taken to a station deep in space. It had not been occupied for some time and was an observation post that was set up in a particular vortex.

> In this place I learned that there are ten ring nebulae in this part of the galaxy which create a tonal matrix that stabilizes the physical dimension as we know it. This stabilization is a very important function that those fluent with the subtle dimensions will understand (it is an activity focused through the eighth realm).
>
> While I was there, a being came who was under the influence of a group of entities wanting to create a temporary disruption in the tonal matrix in order to create a parting of the veil in the physical over a large area of space, in order to manipulate a number of souls into their designs. I overcame the energy of this person and was able to prevent this temporary alteration. It is like throwing rocks at the sun, yet some still keep on throwing rocks. Understand that consciousness always, always needs a stage on which to act, thus this cosmic lila had its particular renditions.
>
> The next day I watched the news on TV and learned that the leader of a Korean-based cult had declared that at a certain hour all those true to the faith he expounds would Ascend, bodily, into the heavens. It so happened that this hour was the same hour that my experience had occurred.
>
> It was funny, although probably not to those with misplaced faith, to see the rather amused reporter standing outside of a house of devotees all singing Hallelujah and praying so feverishly, in the minutes approaching the designated hour. When the time had come and gone without event, the reporter asked each what happened. He then followed up with interviews of people who had given the leader money, saying they would no longer need it after leaving to the Heavens. The reporter asked the common sense question, "Why would the leader need the money if he truly believed *he* was going into the heavens?" Those seeking power, or those who are impressed by shows of earthly power, are truly blind to their own distortions.

For a pure and earnest soul, the confrontation with the "darker" forces serves as a push to find your source of power and helps develop discernment.

The "dark" force serves to purify the light workers of their own darkness or ignorance. In hindsight, good and bad fall away and there is only experience.

Individual and collective social consciousness which does not want to shift and is threatened by what it does not understand can generate quite a bit of psychic resistance. While it can make an ugly face at times, it really is not any sort of enemy; it is just the particular place where people are in their understanding. In the face of this resistive energy, the spiritual aspirant must be strong, to hold the inner equilibrium, know and trust the power of the omniscient I AM Presence and fan the fires of spiritual evolvement while fearlessly and joyously shining the illuminating Light within.

The Importance of Identifying Directly with Your Individualized God Presence.

Continuing in the earnest development of meditative sensitivity, we become very conscious of subtle worlds existing within us. Through exploration, they become very real, even tangibly so. This helps us gain the necessary confidence in recognizing the subtle interplay of the world and how we qualify it.

The development of this subtle awareness in phenomenal terms is frequently a long time in coming. This is very positive, because through "cozy" meditation with nothing phenomenal happening, we deepen the relationship with ourSelves and can become happy with just ourselves, creating the space of inner quietude and equality whereby the pure inner radiance of the Self can first be detected, invited and finally consummated.

When you know the radiant purity of your Presence, this becomes the foundation upon which you open your inner sight with clarity and discrimination. Inner sight, being a feminine quality, often takes men longer to develop than woman. However, going to the deepest levels of inner sight and movement gives no favor to one's chemistry of gender.

The radiance of primal awareness is creativity itself. Those who first deepen themselves to this will be able to keep a proper perspective through later awakenings in the subtle arenas. In fact, they will later discover that they have been operating on the subtle dimensions all along, though not aware of it as such.

It takes much meditative practice to gain awareness of the subtle dimensions due to the grosser karmic completions which are necessary. It is important that a certain level of maturity is first gained, so that one does not enter into even more refined levels of egotistical manipulation, separating themselves from the eloquence and Love which emanates from Oneness.

The fifth dimension is a very subtle plane of form, with strong connections to the throat chakra, your dream body and etheric images in general. It is a dimension where form gains great freedom of expression and you can easily change your appearance at will. Purity and intuition are needed to see behind and beyond the display of fifth-dimensional form. At times, certain unscrupulous beings may project an outwardly beautiful and seductive energy to mask their unseen intentions.

In the scriptures, when it is said that a devotee and practitioner must be beyond the lure of the siddhis (supernatural powers), it means that one must progress past the tantalizing entrapment of the fifth dimension into the purity of Self-Radiant consciousness.

To be of stabilized service to the higher plan, you must be incorruptible. The anchor of your identity must be cast beyond the world of visible and invisible form. This is necessary to maintain the impeccability and discernment needed for this level of service.

Over the last decades there has been a lot of sorting out of fifth-dimensional manipulations, which at times can resemble a classroom, a battlefield, or an art studio. A being who does not source their identify from the pure flame of their spirit, beyond its phenomenal display, will unconsciously or consciously ground the dramas and achievements of those dimensions as the ultimate experience, hence will not be able to intuitively discern the inner workings behind the play. In addition, they will not have the purity and consistency of communion with the overseeing energies of the pure God-Presence.

The Ascended Masters and those who have gained victory over all resistance to their Divine Presence have not only penetrated through the maya of the fifth and lower realms, but have overcome the seeds of their karmas in the Devic realms (eighth and ninth) above their heads. These beings can truly serve the Divine plan here on Earth. Among these beings are those who have overcome the last veils of separation and dissolved the causal barrier of the tenth realm, the gateway of purity, in applying themselves

in their Cosmic Ascension – beings whom the stars are sparks of the fire within.

The Family of the One Light which oversees the destiny of this planet and its humanity is composed of Masters who know themselves beyond the world of form and who stand incorruptible. This is not to say that a person who has not yet achieved this victory does not have interaction and workings with this Body of the higher Self, rather these will be dictated by the degree of alignment and awareness present.

In This World through the Inner World

Living in the gross interactive environments commonplace in our world today is a tremendous weight for a spiritually vital and sensitive person to transmute.

Many spiritually sensitive persons find it unpalatable to participate in ignorant and gross behavior. Such a soul requires a refined atmosphere, so as to support and acknowledge the free flow of Love and unique wisdom which evolves that soul into its greater expression. The desire for seclusion by such a Master is not the harboring of a separative state.

Some Masters, such as the Ascended Master Saint Germain, have developed the ability to actively participate in physical form in the world, yet remain untouched by the dross. This is the sheer radiance of their inner presence inwardly overshadowing all outer attention; it reflects a tremendous mastery on the cosmic rays. This ability is developed through many years of personally applied sadhana and knowing Oneself beyond identification *as* any limitation.

The fact that we are all on this earth together signifies that we have providence with one another. A developed being will feel and interact with unconscious people, at times. This is a transmutation and transformation of the world, which occurs simply by the fact of being in it. Even walking down the street, a conscious being does much unseen work.

Identifying with, absorbing and transmuting the seemingly endless emotional drama that takes place in this earth plane is difficult. It requires great strength – even then it is tempered in duration and activity. While we can grow through this, it is not the ultimate.

Would you choose to land in a battlefield, or the middle of a bedroom fight, unless it was of strategic importance for the best of all concerned? Would you want to eat foods which makes you feel sick, or are unenjoyable? Yet this is exactly what the lower realms of the human psyche are like.

Much enlightened activity is done through the inner world. This is held into manifestation in the outer world as the stance – *"I AM the Light of God that never fails!"* The potential of this work is not decided by struggle, but through the effects of unity and alignment with the basic principles, morals and universal truths which we can all discover and exemplify in our daily actions.

All struggle is a contraction of self. First focus your attention upon the effortless radiant light within. Then Light will shine through whatever you do and be received by all who shall even think of you. In many situations it is better to make brief contact with the outer circumstances of a situation, or with a person, before telepathically bringing about further alignment into higher harmonies. Once that alignment is there, the outer circumstance will have a guide to follow and, if the willingness to grow is present, the parties can greet each other with open arms and smiles.

Many project their individual issues of personal limitation upon others. To a conscious being this limits useful and joyful interaction; there is a natural withdrawal into levels where the harmony is present, or where the inner alignments are worked out. It is a matter of effectiveness, sensitivity and not giving attentive power to limited scenarios.



Sometimes, as providence dictates, a Master will place him or her self in a physical drama for some aspect of unavoidable personal evolvement and/or for the benefit of a larger working of the evolutionary plan. Sometimes it is necessary to call out all the energies present, so that each person can make a conscious choice as to where they stand.

Formation and Activities of the Overseers in this Epoch

Much of society reinforces behavior which removes us from the source of our strength and the health of our being. In fact, many so-called spiritual approaches do the same by not recognizing the God in Self.

If we are all in our heart and nothing more, then we are caught in the intensity of feelings and can become indecisive. If we are perfectly in the center of our head, yet not in the body, then we are transcendent bubbles floating beyond touch or the ability to touch anything. When both head and heart are awake and as one, we fully embrace life. Until the head and heart awaken as one, neither has been truly entered.

Long ago during the Atlantian epoch, spiritual teachings were oriented towards transcendence of this earthly realm and anything to do with it. It was a teaching of escape. Separated from the driving force of higher providence, it was thus a teaching at odds with nature. It did not actively work to align with the spiritual dimensions of the earth and became impotent as a force to check the rapid growth of individual will projected as one over another. The eventual decline of Atlantian society was brought about by aggressive individualistic desires of power, moral decline into the downward play of force in the body and work with various transparent powers which occurred without calling forth the stainless anchor of purity. These are all the signs of a society wanting to quicken phenomenal experience before being ready.

There were many other aspects to this play, but this suffices to give an idea of the scenario. It began long before the Atlantian epic, in a struggle between the Devic forces and incoming energies who were polarizing themselves to areas of vulnerability that were not developed in the Devic kingdom on Earth.

Teachings of spiritual escape became popular with those who felt that only in the more subtle realms could the purity be held. Because of this attitude, the incorruptibility of the spiritual light never descended into the physical (except in rare instances). This attitude was also encouraged by beings who understood that in such a stance, the corrupt use of power would not be seen so easily.

While the unity of Light has always been present on this planet in some form or another, it was at this time that the Family of Masters overseeing this planet evolved into the form it now has. A great call was placed by the earth within the cosmic resonance of the centralized consciousness of all awakened beings. In response to that call, wonderful beings stepped forth, bringing a brightening of the already existent Light serving this planet.

This call was authorized by the evolutionary steps the planet was beginning to take. The Self-Realized Masters who are the outpouring of this Light upon this planet, all feel part of their Light-essence living within the earth, are blended through the common altar of the Earth Mother. Thus the question of escape never arises; rather, there is the natural refinement brought forth by the manifesting Perfection of the Inner Self-Radiant Presence.

The Family of the Oneness is not an organization, nor will it ever be one. While it does possess a natural hierarchy as seen in the eyes of one witnessing it from a distance, it does not have an inner hierarchy. It is universal, the collective body of souls committed to the upliftment of the Earth itself into its full Christed expression – which is our Collective Awakening into our Oneness and the Perfection which guides the workings within the Oneness.

Beings who are dedicated to the One Body of enlightened humanity have frequently incarnated into key positions throughout history, as part of their own growth in the course of gaining their Ascension. Most of this work is unseen and silent. In fact, a small handful of Masters have guided humanity throughout the centuries, diverting countless disasters, while



allowing and sometimes encouraging hardships created by humanity itself, so that humanity might eventually wake up to the reality of self-created hardship.

The presence of the Ascended Masters, helping me through various aspects of my development towards a fuller spiritual expression, I experience as a Love which knows no boundaries, a family eternal and the fragrant Perfection of the Oneness at work. What a Master begins, they finish. They know just the right touch to be given at any moment.

This Brotherhood is a vital dissemination of spiritual force to humanity, bringing examples of Spiritual Will in Action, Service, Art, Music, Government, Industry, Regal Expression, Harmonious Life, Humility and Spiritual Potential into incarnate existence upon the surface of our planet.

The Body of Awakened Masters is active in every area of human development and expression. It influences governments, shifts resources, encourages arts, forms and dissolves dharmas, works at the frontline in the unseen matrix of human activity and is in service to individual and collective spiritual awakening.

To me, the activity of greatest value on this planet is the enlightened work of the Great Family of Masters.

Two simultaneous strategies are at work in the collective evolvement. They may be compared to Silver and Gold, Reflective and Radiant, Solar and Inner Earth activity. Despite their apparent differences, they are actually both outpourings of the Same Awareness, focused in outwardly active and passive stances.

The first is an alignment by the Masters and the Mother herself of the many hardships, self-created disasters and pains experienced on the earth into moments of self-reflection. This creates the potential force to turn areas of previous deficiency into a flow of spiritual awareness.

The second working is the pure radiance and golden light of a Master holding the Perfection of the I AM Presence as the only force present.

The Family of Masters are competent in every area of human development, including the arts, technology, government, natural balance with nature, education, spiritual evolvement, human excellence and karmic release. At the head of each area of service stand beings who have mastered the implications, the standards, the art and the essence of their subject.

A Master of Human Excellence speaks:

"Today we live in a society which values the epitome of human sacrifice over the joy of human love."

"How can we as a society address the pressing issues and strive for the excellency to which our souls aspire, until we acknowledge the creative source that lives in the purity of our hearts?"

"Therefore I stand before you, asking that we join in spirit, in the way of spirit, that excels through the joy of its freedom and the wonder of discovery of the promise and possibility which lies in the seed of every creation of God."

A Master of Arts and Crafts desires to speak:

"In the Arts today we have seen a backward trend, where the need to formulate chaotic emotional fevers to dampen a canvas, to cry a tear of distress, has gained resonance with the populace as the artful expression of their hidden self."

"In this way Art has remained true, for that is one of its functions – to draw out the hidden self."

"However, where is the greater promise of Art which makes visible the unseen doors of spirit?"

"It is this Avenue of Transmission that I find exciting. I commune in various ways with those who express upliftment likewise."

An Overseer of Technological Development speaks:

"In this department we devote long hours to the perfection of new technologies for the benefit of mankind."

"These technologies go hand in hand to make physical life more at ease, to create further interaction among the inhabitants of the planet and to open new vistas of understanding."

"We bring out the inherent intelligence within every aspect of creation, to reveal and dictate the various types of technological inventions."

"It would amaze many a soul to have a glimpse of the many possibilities that are already understood within our labs."

"The greatest technology is the supreme intelligence of the creator, available within each of us at every moment, in every situation."

"There is no want of possibilities, rather there is the need of a revolution in human consciousness to cleanse itself, to elevate itself, so that further aid can be given."

"For the primary concern of this department is not so much in the development of new technologies, but in monitoring their release at the appropriate time."

"The technologies that the next generations of mankind will see are nothing like what is understood today. The barriers of the physical senses will be obliterated forever. These technologies are really aids to help the human mind discover more of its own innate potential."



ENLIGHTENED COMMUNITY

The Beloved consciousness as a force of Unity naturally brings the cohesiveness necessary to create community.

The Beloved relationship is in the world. At the same time, it is of such a heightened and sensitive nature that it is natural for it to find its extension through interaction within a community of similar beings of sensitivity and love.

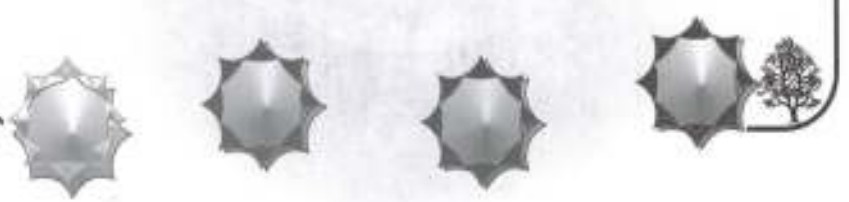
The concept of enlightened community or Shambala has been entertained by many and attempted by a few within every generation. Yet few understand or are prepared to undertake the intense degree of preparation necessary to be fit for such a lifestyle.

Its real success and demonstration is with those enlightened Beloved Masters who are already free. Unfortunately, because of the tremendous gap between such a family and the standard of social consciousness today, these retreats of wonderfully evolved beings are kept unknown to the world at large.

It is only through the sincere application of enough individuals to their spiritual enlightenment that the gap will close and retreats of the Ascended Masters will enlarge to accommodate more sincere aspirants who are ready.

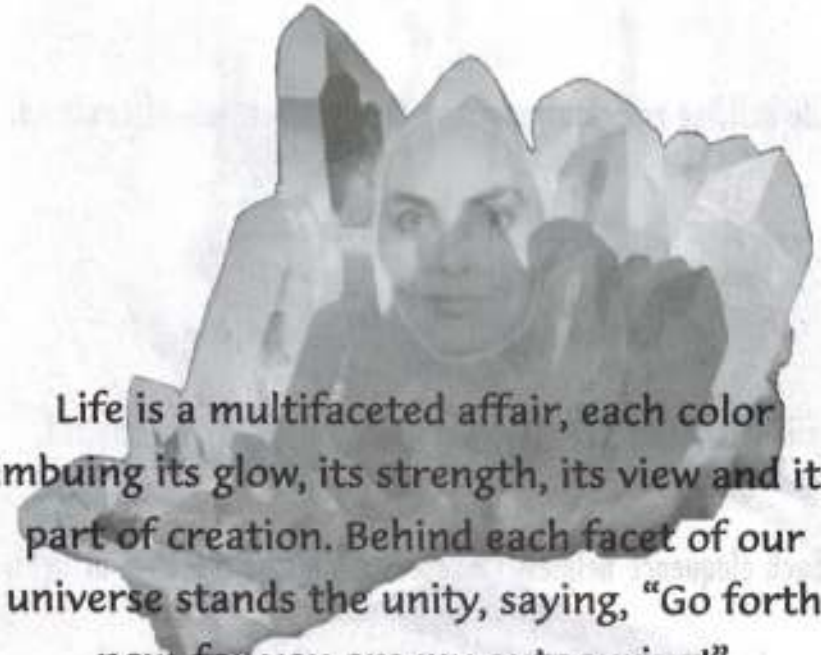
The almost overwhelming benefits of a community with a core of enlightened Masters and their students, aspiring to reach the living examples before them, is of inconceivable blessings to humanity.

There are particular teachings and technologies, of great benefit to mankind as a whole, which can only make their stabilized appearance within such refined fields of consciousness.



Chapter Eighteen

RAYS OF LIFE



Life is a multifaceted affair, each color imbuing its glow, its strength, its view and its part of creation. Behind each facet of our universe stands the unity, saying, "Go forth now, for you are my outpouring!"


Those who keenly notice
the various expressions of the soul within us all,
the richness of life,
or the enlightened joy of Ever-Expanding Perfection,
give forth a masterful loving radiation rich with the knowledge
of
life building and glowing within its cosmic template of command.
Steeped in a wonderful ecstasy,
scented with an intoxicating perfume,
indescribably like a thousand scents perfectly harmonized.
Such eloquence helplessly exuberating a love presence of light,
becoming so many different parts all working together
increasing each of their qualities in the other.

There are seven principal *rays* through which we express the different facets of our soul into the nuances of human creation. Each ray has its own way of being, its particular strengths and best expresses itself through a corresponding color, by which it is known. The colors of the seven rays are pink, red, orange, gold, green, blue and violet.

In addition to these rays, there are many variations and cosmic rays that carry a specific purpose such as aquamarine, clear-diamond, maroon, silver, turquoise and white rays. The cosmic rays can only be fully entered after the seven principal rays have been mastered, integrated and any karmas on those rays evolved.

By visualizing yourself expressing a radiant color, you become more connected to the qualities of that ray. It becomes a tremendously powerful language of the soul; one that is necessary to maintain a long-term balance of life. The rays bring forth a spectrum – blending the individual with the collective, the vast with the exact, physical and subtle existence.

In the eternity of our soul we gain fascination with one ray or another and go through a long journey of learning all the ins and outs of that ray – the downfalls, heights and the ability to masterfully source that ray from our own self-radiant light.

The strength of each ray comes from remembering that in reality there is only One Presence, your I AM Presence. Thus, whenever one ray is visibly at the forefront, remember that all other expressions are also automatically present, even if not seen. A masterful being can at any time bring forth any type of expression, as appropriate.

A Teaching of the Rays

The teachings of the rays have been instrumental to my Beloved and I gaining our freedom and is a natural part of becoming conscious. Shortly after arriving in India, just before El Morya brought us in for formal training in the Himalayas, he would often come in a subtle body as part of our preparation. I remember, while sitting in meditation on the bed one evening, El Morya inwardly appearing towards the corner of the room and saying, "I want you to start seeing me as pink, as this ray is very dear to me." Previously I had always felt El Morya so much in the blue ray. In the coming

months I learned to see the Masters in all the rays, which helped to open up greater awareness of these rays in myself.

The rays of light are formed of the particular mood your Presence takes. Thus, the rays are Presence. The Ascended Masters not only blend all the rays within themselves, but they also blend within each other. Shortly after the above experience, for several weeks whenever I saw El Morya, I would also see Jesus. The two would come out of each other, showing a wonderful integration and harmony.

"The mastery of each ray is not in what you can take by its use, but in what can be given by its presence." These words etched themselves firmly in my mind as part of the quintessence of the training we had undergone with the Masters. Far from being anything like a classroom study, as awareness of each ray blossoms forth in greater depth, so does every issue in your life that is connected to that ray. People you have not thought of for a long time, or seen since childhood are suddenly remembered. You will be challenged to see things that you have not seen before.

Imagine everything in your world was colored red – the earth, your friends, the trees – all various shades of red. Furthermore, say you only saw this red in the dense physicality of life, i.e., not the inner light, not the translucent responsiveness of everything to everything else, just the outer paint called red. And – then – you develop the ability to see green. Now you can see that the leaves of the trees are green, so much in nature is green. Seeing blue, gold, purple…, seeing the radiance, the inner qualities of consciousness permeating itself in the language of light. This is a wonderful analogy, each color interweaving with other colors to form the fabric of life.

A soul who develops exclusively on one or two rays becomes blind to, even prejudiced towards, the wisdom of the other rays. Without conscious development on all the rays, then in truth no ray can be fully developed and free of distortion.

Picture a dominant gold ray personality forging ahead on that ray, using their golden pranic strength to willfully create their world as they want and even seeing best from the limited perspective of one or two dominant rays. Unless they enter the inner sanctums and see from the perspective of the other rays, a situation develops which must bring collapse. There is a saying, "A chain is only as strong as its weakest link."

Imagine a blue ray personality becoming so one-pointed that their potentially grand perspective becomes turned in upon itself, emotionally disconnected, overly critical and intellectual. The cosmic heart is lost and the wonderful perspective of the blue-ray becomes intellectually limited, even fueling pride and ignorance.

A pink ray person can live in their own world of beautiful sweetness and acceptance, keying out discrimination and details at times that a blue ray person would see instantly.

An orange ray personality could become muddied in pride, cut off in individualized rebellion and caught in sensuality, all of which would disappear if seen from and brought into an integrated perspective. When integrated, this ray offers tremendous strength and transmutative power, permeating all it touches with the cosmic joy of creation.

A predominantly green ray person can spatially connect music, words, space and form, thus bringing forth an artistic gift, yet could also use this same ability to covertly create a spatial cloud of confusion and disconnection from emotions and issues not wanting to be addressed.

Our greatest strengths, until mastered in a self-conscious harmony and consciously aligned through our higher self, can become our greatest weaknesses. Witness a brilliant intellect caught in circles around itself, entrapped in the cage of the mind. How about a person who is wonderful at being able to feel, yet is constantly thrown by winds felt through their own sensitivity.

The strength of each ray comes not from its isolated instance, but through working together harmoniously with the whole as One Presence. In truth, there are not so many separate rays at work, just the One-Presence in a many-faceted display spreading out and converging back into itself as a crystalline beauty, forever refracting various prismatic flashes, hues, rainbows and views of wonder and image. This poetry in motion is real. It is the reason that anything can exist at all. The most simple and basic teachings – I Am Love, Oneness, the Individualized God Presence, the One Being – all these are your gateways to freedom when embraced deeply enough.

Everything comes out of applying the essence teachings – as above, so below. As you really embrace your spirit, I AM, it will bring to light your whole existence. Spirit I AM knows how to pay the rent, reveal guidance, succeed in meaningful activity, enjoy relationship, stay healthy in the body,

bring forth your purpose at any given moment, penetrate into the truth of any given situation, dissolve disharmonious thoughts, bask in peace of mind and ease of heart and experience the ecstatic Joy that underlies all of creation at any given moment.

Wisdom of the rays comes through connected visualization, particularly to those who call forth this experiential wisdom by intensely desiring greater clarity, expansion and tangible embrace of their Divine essence, I AM. Some of that application, which is really a transmission, is contained in this book. That is what gives this book value – its practicality. It is practical to those who value the inner clarity, because it gives tools to help gain and maintain that clarity.

The most simple understanding actually contains the greatest sophistication, as years of delving into the nuances of the various rays have pointed out to me. The simple Presence of your being, the most basic concept, has the power to do anything with whatever sophistication is necessary. This is like a miracle to those who are new to it – that you can say something like, *"I AM the governing Presence here,"* and just by holding this simple thought penetrating throughout your domain, every understanding necessary finds a way to come forth. The miracle is that the command of that pure intention **is the supreme power at play.**

The sophistication of each ray comes through cosmic awareness, whereby you can consciously qualify its presence with all the necessary nuances. This sensitivity takes into account the needs of all in the Oneness, while never compromising the beauty of radiance.

Understand Where the Power Lies

By understanding where the power lies, you realize that it is unlimited and can be applied twenty-four hours a day, thus sustaining a governing presence. However, this is something that you have to consciously call forth – by decreeing it and stretching your world of awareness. This type of activity develops the higher mental body, whereby you experience yourself as an active image of light, projecting itself, radiating itself, being an inseparable part of the world of light.

Imagine a universe where every solid object is a thought, an idea, a color, an emotion, a life. A spirit-idea can be a tremendous depth of emotion, an expression of the tangibility of consciousness. How integrated, how vast the mind must be to encompass the vast dimension of existence. If everything, literally everything is a cosmic dream, a qualification, an idea – then the only thing that can prevent that idea from its expression is another idea counter to it. When the soul has freed itself of its own resistance, when it gives itself permission to be and knows the harmony – then there is no counter thought. *The Light of God Never Fails!* Achieving this is the inner work of awakening to the part of yourself that is all powerful by simply bringing forth an idea. Your higher self knows how to clothe an idea into manifestation through obedience to the Law of the One – a unity of above and below.

To understand earthly reality as idea consciousness, you will have to quicken and refine awareness to the point that you can see the world around you as radiant spirit. Learn to see the richness of spirit that vibrates under all the world – then the transparent vibrancy of matter does not seem so distant to spirit.

The higher Light body when activated becomes the conscious link between your ultimate God-Essence and your daily awareness. By continually working with it you can begin to see your higher radiant image, talk with it, project through it and feel it at work through all sorts of cosmic scenarios – from finding the best price on something you want to purchase, to embracing a whole planet in its aura and influencing what occurs on the planet. It can speak the language you speak, enjoy riding a make-believe or real horse, as well as commune in the silent all-knowing language of the soul. It can display visible light which is felt as the animating principal of your body. It is yourself in great freedom.

It is rather easy to see how a yogi or concentrated personality who awakens their higher mental awareness can mistake this as the ultimate form of existence. Indeed many of those who have reached this consciousness teach that these realms are the absolute and highest.

However, this is not the source of your existence, it is not the karma-free enlightenment of your I AM Presence. Through clothing awareness in the freedom of light, you have the capacity to know all about anything, but that does not stop you from forming limiting biases that you consistently express, even in your body of light. To understand what I am saying, stop

and visualize yourself above the head, talking to someone. What would you say? How would you act? You take your nuances with you.

There are wonderful beings residing in the Buddhic realms above the head, known as lords, demigods, liberated beings, angels and even trouble makers. It is only by grounding that light into physical expression that certain subtle distortions are seen and areas not developed demonstrate themselves as obviously needing further development. The Christed state, the Ascended Body, comes through the unity of light and matter, all overseen by the Perfection of your I AM Presence, awake in the OneSelf.

In the simple visualization (see page 57) of connecting to a point ten to fifty feet above the head and blessing yourself from that point by calling forth a sense of Perfection in your life, you are bringing all the realms of your being under that harmonizing directorship. Many highly advanced beings who have awoken a body of light in the Buddhic realms a few feet above the head, because of subtle pride do not recognize, in a *tangible* way, that overriding governorship. That simple visualization, however subtle you feel it is, *is a tangible point of reference* whereby you can empower and anchor your highest intention, beyond any blind biases of personality. That point, you will come to understand, is your victory!

It is only through aligning your light and free-feeling image consciously, as a part of the One Light, the One Body, that you gain the feedback to "see" and overcome limitations. You can sustain a physical body for hundreds of years through its kinship to light, but until you have overcome subtle limitations, that body will eventually perish, because the need to complete various karmas will demand a new perspective to try and arouse the desire to penetrate and find the completions needed.

To use decrees as a mental force to try and override emotional signals from a personal issue is ignorance; some would call it stupidity. Become clear and radiant in all areas of your life through emotional, mental and physical unity; you will be healthy, happy, free and have the fitness to move forward to gain the victory of your Ascension – I AM.

I have been emphasizing the unity of the rays. This does not exclude the extreme value of jumping fully into a particular ray. It gives you the definition, which is what freedom is all about. Who are You? Give yourself the freedom to find out and to be it!

Life is the radiance of Divinity. Life has personality, it has flavors. The most fundamental idea-flavors are the seven primary rays which compose our sphere of reality.

The rays of life truly come alive when the one greatest flavor, that which permeates everything – the Oneness – is tasted. Then the wonderful miracle of unity in multiplicity evokes bliss and harmony within.

Associating Rays with Various Chakras and Flows

Each ray may work through any of the chakras, or even all of them. There are no hard and fast rules that prohibit a ray from working through any chakra, however there are some general tendencies. Remember the chakras are the creative outpouring of your higher self into form; as such they have whatever characteristics your higher self dynamically designs into them.

I used to follow a system of particular colors relating to particular chakras and would constantly check out different systems and others' notes. I first followed a system with the red ray at the first chakra and each ascending chakra attuning to the next color of the rainbow.

All systems which take advantage of particular dominate tendencies of each chakra and ray, to help you awaken subtle and radiant awareness, have validity. For example, red is best to first visualize in the lower centers, in its connection with bodily vitality. Blue and purple have a natural affinity with the head centers. Green and gold find expression in the chest and abdominal region.

My experience kept expanding, until I reached the point where I threw any set formula to the winds. In the more enlightened state, all the chakras are part of one emanation – I AM. Work and play with all the rays as aspects of your One Presence. Red is a wonderful color with which to meditate in the head centers, blue can find a great purpose in the lower centers, orange in the heart. Alternatively, you can light up every center with one or two of the same colors. You can meditate with different colors at various organs, such as green for the liver, white for the lungs and kidneys, red or green for the heart, orange for the spleen, red and white for the bones, blue in the spine. Colors are not to be assigned randomly. Rather, there is an intelligence, a purpose, behind each aspect of visualization. So start with something that feels right and expand from there.



Chakra	Color	Alternative colors
Crown	white	gold, silver, purple, a rainbow
Brow	purple	blue, white, red, pink, green
Back of Head	white	maroon, orange, gold, silver
Throat	blue	red, white, purple
Thymus	turquoise	red and blue, clear
Heart	green	any color
Solar Plexus	gold	purple
Navel	gold	red
Genital	orange	blue
Root	red	white

For those who need more definition than above, the *Eternal Yoga* book (see appendix) goes into this in depth.

The Seven Primary Rays of Soul Personality

From the liberating Oneness of the I AM Presence every ray is in tune with all the other rays, whether the other rays are visibly seen or not. Thus balance is always present. The individual may define themselves through several visible rays while still remaining unlimited. Develop a heart connection to each ray and feel its effects in your body, your emotions and your thoughts.

Each person, as they begin the spiritual path, will often find it easier to find expression or stay awake in one ray or two of the rays. These rays are your springboard. Meditate with those rays to find the subtle life, but do not stop there. Bring in the other rays, particularly any colors you feel adverse to. Make sure you visualize each color with a radiant, translucent, vibrant quality.

Various soul groups and personalities are hallmarked by the way certain rays are brought out in their presence. The souls who have mastered a ray's attributes, in total harmony with all the other rays, stand at its head, in service to it.

The defining of the rays may seem analytical and scientific, listing characteristics and defining what look like compartments. Indeed that is all it is, until you begin to explore the *feeling* of these rays within. Envelope yourself in blue, penetrating deep within the eloquent silence and command of the soul. Sit within the presence of the Masters who also love this ray. Become cheerful, full of golden light, radiant, confident and carefree in the color of the Sun. Through inner attunement, you develop a relationship with the rays. With the unifying power of the Love that you are, I AM, consciously bring that expression into your pure and masterful emanation.

The language of the rays is expressed in many ways. For example, in Buddhist terminology the five Buddha families are revealed as:

Buddha	WhiteOmniscient	Equality of Vision
Vajra	Blue	Transcendent Purity
Padma	Red	Embracing Passion
Karma	Green	Perfection of Connection
Ratna	Gold	Unlimited Abundance

It is not that we have to endlessly compare the view of one system with another. The central teaching in common is that there exist various tendencies of the enlightened mind, which together make the fabric of the universe. This demonstrates that dynamic interaction still exists in a non-dual universe (enlightened mind). In other words, the world is very real.

The following pages contain essays on each of the seven rays, plus some of the transcendent rays.

Blue

The *blue flame* is the causal self creating etheric space around ideas. This light underlies every form of creation, functioning as a guiding template for all the other rays. Contained within it is the dynamic blueprint of formative intention.

In this sense the blue ray, in its purity, is always cosmic consciousness. Having access to the larger vision, it carries a sense of transcendence and purity, thus the vision of command. A person emanating the full command of this ray, while remaining true to its function in the Oneness, is a natural leader.

Blue is often associated with the mind essence, which is a subtle ability to notice and qualify existence. The Tibetan tantric system colors the essence flame within the heart as blue, denoting the mind at rest in the soul. The mental power of this ray, in its maturity, does not create a stifling domination – you exhibit a working balance in everything you do. The crystal clear mind is quick, very, very quick, yet instigates nothing out of Divine timing, for it is complete and thus contained. When the mind is anchored within its Divine Presence, nothing can compel it into conflict, separation, or deceit.

Blue is transcendent, unattached, cooling, purifying, divine, peaceful, exacting, aware, connected, patient, precise, meditative and when its introvert nature is overcome by a full embrace of life, it empowers leadership and excellence. In its highest truth, it is of the light beyond the light, denoting pure self-awareness.

The blue ray, while able to hold an essence understanding, needs the clothing of other energies, other rays, to become visible and manifest. The blue light brings forth the truth in any situation. In its purity it is unshakable. The blue ray is connected with the underlying matrix of thoughts and energies which form inner space and time, thus dictating how one thought associates with another. So blue, in a sense, forms the ethers of itself. In this sensitivity your thoughts will be able to radiate along the best routes of associative mechanism. The sensitivity of the blue ray is a natural protection, because you are aware of what is occurring and can take action on a very deep level, orchestrating the ethers in cooperation to the best course of action.

Blue is an inner color and brings forth a meditative atmosphere. Its integrity can bring great strength and its purity keeps the will on track. It is a ray of precision. The ability to sense the route of association of one thought or energy to another allows you to penetrate. This gives you the consciousness to facilitate greater subtle alignment, holding the positive energy support necessary to bring forth greater unity and understanding.

Blue is a color of loyalty, by the right of commitment. Precision, rhythmic movements and breath patterns bring out a blue energy in the body's magnetic field. Such exercise strengthens the body and the nervous system. Blue is a color of expanse, such as the sky and the ocean. It indicates spiritual development beyond the pull of the emotions and thus has great patience.

Being on track with spiritual purpose and the constant reflection of inner purity, creates and holds a strong blue energy. **Being able to hold it all is a quality of the blue expression.** The blue command is no-nonsense, to the point, exact and precise, self-empowered and transcendent of all belittlement, it radiates a loving equilibrium and fluidity.

Deepening the blue ray is a meditative affair, reflecting the purity upon which you connect with your sense of divinity. Speaking your highest truth is equally important, less your truth never incarnates. Overcoming doubt and being able to feel with purity is the only way of sustaining this development – I AM.

While a blue ray person must often speak out and communicate, to fulfill their soul purpose – the sound of the blue ray itself is silence. This is the touchstone, upon which you can access your balance and connectivity on this ray.

It is imperative that a person with an active mind, fueled by the blue ray, practice vigorous exercise, such as dynamic yoga, skilled application of the breath, long deep meditation and lives a meaningful life. Otherwise, the mental stimulation this ray brings from above the head has nowhere to properly express itself, in balance. Thus imbalance, distortion, headiness and disempowerment results.

An overly analytical and critical mind creates clutter which it must constantly busy itself to dissolve, making room for more clutter. This limited mind-set interferes with your ability to feel. This is often compounded by not acknowledging and feeling deep emotional issues which have caused pain and disharmony, often buried in lifetimes of muck covering over the

root issues. As this healing occurs, the mind can once again, through feeling, find its resting place in the heart; thus awareness expands to include the wholeness of your being.

When there is enough Self-Love and healing, the mind expands beyond the need for the outer self to control everything around it. Thus you surrender into your wholeness and become the commanding presence at one with all the rays.

When the mind ignites in your cosmic heart, it brings a joy-filled presence of the indescribable beauty and perfection of the universe, at One with all your higher mental faculties of discernment, connectivity and knowingness.

Developing your blue-ray enhances higher mental awareness, projection and communication. The strong incorruptible penetrating rod of this ray from above into your physical awareness anchors an angelic grounding of subtle activity. The blue ray is often first perceived in the throat chakra or the third eye. The blue flame colors the subtle energy residing deep within the spinal chord. As a transcendent and advanced manifestation, blue can become the color of every chakra and nadi.

A person favoring the blue ray will naturally look to yogic exercise, breathing, etc., with a feeling sensitivity to energy and how it aligns into the body. Typically, a blue ray personality, through their sensitivity, will often hold a psychic space for others, yet lack the inner vision to see content within that energy field.

DECREES

"I AM the purity commanding forth every cell of creation into the Perfection – I AM."

"I AM the alignment of cosmic truth into the outer thoughts, activity and feelings."

"I AM the transcendence of all belittlement, the Love which is infinitely patient, the sight to see and the Wisdom which never flinches."

"I AM the penetration and the anchoring of truth brought forth as my Presence, which remains regardless of what comes and goes."

"I AM the activation of my higher mental body and its Radiant Presence grounded into my physical awareness."

MEDITATIONS

When meditating on the blue color, make it alive, like a flame. Become conscious that you are elevating your cells into a cosmic frequency of a high vibratory rate, which shakes off everything that cannot remain in that frequency. Doubt simply does not exist. Feel a tremendous Love, existing of its own accord and very complete, that forms the very color of Blue itself.

Visualize a blue flame in the center of the heart, expanding it as inseparable from the light from above pouring forth into and around the head, igniting the blue light within the center of the spinal chord, all with the feeling, *"I AM the Ever-Expanding Perfection."*

Visualize and feel an incredibly alive liquid light nectar of blue essence precipitating in the whole length of your spine.

Practice visualizing blue in perfect harmony with other colors.

Repeat mantras, with full presence of mind, for at least 31 minutes. Chanting *Wahe Guru* many times on a breath, as described in the *Eternal Yoga* book, is excellent. Mantra is often embraced quickly by a person with blue-ray development, yet is transcended as you can stay awake in silent eloquence. Mantra, when it "catches," brings forth that same eloquent presence, beyond the personality, where the chitchat mind surrenders and the mantra focuses the mind into its deeper channels.



Gold

The gold ray is the higher mind creating prana. The prana of the gold ray transforms the intellect into a direct knowingness at one with the action and energy of fulfillment. This gives a natural confidence, bringing forth the kingdom of the will. Gold awakens a preference for action (honoring, or tolerating patience only when it somehow serves greater action).

In its highest personification, the gold ray is the very idea of radiance itself. The gold, orange and red rays are all different frequencies of the causal idea of radiance. A gold ray person is confident in the use of emotion, as expression. The gold ray opens telepathic qualities of the mind in a nonverbal way. It is quite common for people with development on the gold ray to have a natural rapport with animals.

A willful, determined person, who learns life's lessons the hard way, demonstrates the gold ray out of balance. Distortion of the gold ray results from individual will out of alignment with the knowingness of your I AM Presence. The victory of life is to remain in radiant awareness of Oneness, of your source constantly bringing forth beauty, fullness, perfection – never feeling the outer personality as a law unto itself.

Inner growth includes all the rays within the Great Presence. In this mastery, One realizes that there is only enlightened will and distorted will. Enlightened will is the Divine movement of the universe. Distorted will is karmic activity of a person who, in that moment, has not yet found the Oneness. It is all a matter of purely held alignment with the God-self.

In this unity, you become the manifest glory of your divinity. A conscious being holds the outer in check by choosing unity over disunity, alignment over dominance, purity over covert tendencies. The moment that you feel a split between the outer and the inner, your duty is self-correction.

Please, do not confuse this with disempowered statements such as, "I know nothing, spirit does it all," or with being an unconscious trance channel. These are serious splits that need healing. Penetrating into your presence flame within the depths and source of your body-temple is what brings forth unity and self-radiant consciousness.[22] Such a victorious being can never be corrupted and always finds marvel and gratitude in the spontaneous creative outpouring of their joy-filled Divine Essence, I AM.

To correct self-blinding misuse of will on the gold ray frequently requires that very basic distortions of the red and green rays are first seen and corrected. The red-ray distortion of grabbing and placing the power in the physical, or the green-ray distortion of jealousy, subtle manipulation and irreverence of timing, *compels* a distorted use of will and pranic force.

When you release the feeling of struggle, opening the heart to a world that is more than the outer senses, then the inner eloquence of Perfection blossoms forth – because you become it by being it. This eloquence takes more into consideration than a contracted selfish view ever will, thus it needs your depth and trust to see its wisdom.

Visualize gold at the heart, the navel area and top of the head. It characterizes radiant determination and an optimistic attitude with the energy to match that determination. If you source the confidence of the gold ray from the outer personality, rather than spirit, then it becomes a yellow color. This is the intellect manipulating the body's prana, as if it was creating it. It is not the true effortless radiance of the higher centers. The intellect in this way gives a false strength, which eventually weakens the body and mind through hardship and misunderstanding.

As you reach a fuller expression through the top of your head, through trust in your spirit, a richer golden quality strengthens the entire body with its radiance, willingness and Divine Love. Gold is a strong component of the higher mental radiance, exuding an eternal youthfulness with a cheerful, playful quality, giving confidence and energy for activity. The gold light can bring forth wonderful awareness of the ninth realm above the head.

Without willingness, there is no application. Without application, there is no experience. Without experience, there is no realization. Without realization, there is a continuation of unconscious thought and behavior.

[22] Self-radiant consciousness is primal to its qualifications. Everyday consciousness is constantly qualified by the world in which you live. For example, if you are tired, you may not feel as clear and crisp as after a good night's sleep. What you eat, see, taste, etc., constantly qualifies how consciously aware you are. There is, however, a state of consciousness that is primal to all this, and that is simply the awareness of being conscious. Regardless of how you outwardly feel, you can train yourself to become aware that you are a self-conscious being. This awareness has a subtle continuity of radiance that underlies everything else. Having this freedom, you can learn to remain awake in this state and then explore any area that you fancy, beyond the confines of the outer limitations imposed on conscious awareness.

Gold brings clarity from the higher mind and strength in the etheric body. This is equal to a great "keep up." It helps to give substance to the vast divinity of blue, as both work in close communion with the will of the One. It works with the radiance of purple in royalty. With green it is very healing. With white it is initiating and bright. It gives direction to red.

Krishna is usually painted in Gold, Blue and Black. This is symbolic of the tantric dance of the fusion channel, gold being prana, blue the cosmic template and black, formless origin (clear light would be a better description). It is the Love Dance originating from beyond, becoming the masculine and feminine reality, yet remaining non-dual in nature. It embraces all levels of apparent duality by enjoying the dance.

An advanced use of the gold ray is the interplay of the gold and blue rays from the higher causal realms, revolving in the fusion channel. Out of this play of light, all the colors of the rainbow take birth. At its center is the diamond clear light. Practice the fusion channel meditation given in chapter six, except start at the throat by visualizing a blue and gold light revolving around each other. Then expand to include the uprising intertwining energy from below and the heavens from above.

It has been said that the element of gold is no less than the frozen rays of the sun. Actually all the elements contain the frozen rays of the sun, however in gold they are in great abundance. This is the solar energy found within the ninth realm above the head and is the same energy which you call forth and qualify when you decree from the depth of your soul, "I AM ___."

The "rays of the sun" are the nuclear forces within an atom. While physicists give it properties, called the weak and strong nuclear forces, it can also act in intelligent ways that are outside theorized law. In the element of gold and a number of the heavy elements, this energy is very abundant in both the nucleus and electron cloud. Furthermore, this concentration of the solar force can be meditatively enhanced (qualified with certain properties) over a thousand fold, yet the element still remains visible and interactive within the physical realm. This science of metals will play an important role in the future of mankind.



DECREES

"I AM the Way, the Truth and the Light"

"I AM growing stronger daily in my I AM Presence"

"I AM the Ever-Expanding Perfection"

"I AM the confidence, radiance and strength of my infinite being."

VISUALIZATIONS and EXERCISES

Let the body and its surrounding space totally become the soft malleable and radiant golden light. Visualize a radiant liquid gold, pouring in through the top of the head, continuously filling the body with a very alive feeling, elevating it, giving it nourishment and helping you feel your own alive Presence. Let the bones, the skin, the blood, everything be of this strong, awake and delicate ray of the sun.

Sit still and meditate by feeling an effortlessly radiant and very bright effluence of Golden-white Light radiating from the heart, as the center of your existence. Fill your entire space with this light and see by it. Gold becomes a color of the large-hearted soul and as such it can be visualized at the heart center – strong, radiant and divinely present.

Pure meditation on the feeling of your inner radiance forever flowing from within you strengthens the golden nectars and the fullness of the heart. Meditate on the open feeling of the heart as a Golden radiance.

Navel exercises and pranayama strengthen the solar centers and improve confidence.

First do some deep breathing and then sit very still while entering the inner space of the chest. Feel yourself sitting in a small subtle body about an inch to the right of the center of the chest and several inches below the skin. Feel *"I AM receiving and absorbing the Eternal Divine Radiations of the Central Sun, which resides within my heart."* This is the Light of all the enlightened beings residing in the Oneness. Meditating in this fashion can heal all the times that you have denied your own Light. Feel the quality of confidence emanating from your upper back, opposite the heart.



Meditate and enter the navel area, heart essence, or sitting atop your head as a youthful, eternal, radiant image of yourself, with a translucent, yet very real quality. Let this inner form heal the outer form of any sense of imperfection. In your mind's eye, go places in this form. Travel into the earth, into the sun... **It is important that this form is effortlessly radiant. It is its own energy source.**

In your mind's eye form a sun and moon; place the moon over the sun, so they are eclipsed. Meditate on the corona displayed. This balances the inflow and outflow of energy in the body.

Red

A section on the Maroon ray is included later in this chapter. Some of what follows here also applies to the Maroon ray.

The red ray finds quick employment in tapping physical vitality to aid spiritual growth, or for that matter, any vital expression. The red ray naturally empowers physical and elemental existence. Visualizing the red ray brings a transparent quality of the body, where it becomes responsive to your awareness. While the most obvious of the rays in physical expression, it is often one of the last rays to be sourced from cosmic consciousness.

I have seen in several writings an aversion to the red ray, even to the point of stating that no student of the light should meditate upon this ray. In contrast there are whole systems of spiritual development that bias themselves so strongly towards the red ray that the higher vision is forgotten altogether. To those who claim that the Ascended Masters do not use the red ray, from my personal experience I refute this ignorance. In the spiritual language of becoming light, embracing the red ray is best expressed through the words *Intimacy, Balance and taking courage in Definition.*

Why the conflict of approaches? It is a matter of how the red ray is activated into your awareness. The natural place to first connect with the red ray is in the first and second chakras. The concern is that this ends up capturing you in an intensification of passions and myriad images floating around in the psyche of unevolved emotion. A greater concern is that it gives you a subtle awareness of the body that is dramatic, yet not connected to the higher centers. In this awareness, a subtle pride develops, inhibiting you from further growth.

None of this, however, is reason enough to throw out the baby with the bath water. My suggestion would be to at first give the red ray some notice, but do not overdo it. As you develop in meditative awareness from years of practice, visualize the red ray originating from above the head as a radiant image of yourself. Let it pour into the body, every cell of it, spiritualizing the body. This practice will give you all the benefits of the red ray, yet keep it under the governorship of your higher self. You will still have to go through all the cleansing, look at all the images, accept and embrace all your passion, everything – with the important addition that there is no split from the upper centers, which will guide you in greater harmony.

An effort to develop the red ray before your penetration into the depths of your I AM Presence, as felt from the transcendent consciousness, is not much different from a person going through countless lifetimes trying to build their worldly kingdom in ignorance of the higher union.

The use of the red ray falls prey to widespread misuse, including the attitude, "the physical is all there is;" a pushing forth before alignment has been created; and an obsession for power or phenomena.

Bringing forth a new model of red ray activity, based on purity and incorporating the red ray anchored from above the head, is one of the most important agendas in bringing forth the cleansing and elevation of life on planet earth. **Clearing misuse of the red ray, particularly in the dharmas, religions and some of their charismatic leaders, is an important task at hand today – that purity may dictate the best course of each individual.** While a sincere desire to grow and develop on all the rays goes a long way in keeping use of the red ray in check, it involves a lot of subtle penetration to clear the root issues necessary for the karma-free grounding of this ray. As you come forth on this ray without guidance from your higher Presence, it is easy to quickly become actively or passively entangled in the thick web of collective red ray karmas on this planet.

The healthy function of the red ray is in service to the higher plan. It often spawns a natural inclination towards devotion and worship. When the red ray personality becomes egotistically centered, it begins to push and use its strength towards getting what it wants, while remaining blind to the higher wisdom. For this higher wisdom, the red ray must look to the blue ray template and green ray timing for its guidance.

The fusion of the red ray in service and alignment to the green ray results in a maroon color, like that worn by Tibetan monks. To the gold light it com-

bines as an act of beauty. To the violet light it recognizes itself already combined with the blue ray and hails the eloquence and wisdom of this ray. Softened by the universal prana of the white light hails the color of pink.

The red ray brings definition in the physical and thus it will naturally stimulate interest in food, sex, physical fitness, monetary power and physical presence. A great mistake is feeling that the physical world is the source of your strength and existence. From such a distorted perspective you give the physical world a power that it does not possess. Governing your world in such a way is like finding your way in a dimly lit room with only partial vision. The false sense of power or dominion over a world limited to, "If I don't see it, it ain't real," can bring a person to the mistaken strategy of becoming a law unto themselves.

Knowing your deeper existence brings recognition of the command that your higher Presence has over every aspect of your physical and subtle existence. It is only by sincerely identifying with your deeper essence, in a continuous fashion, that you physically gain the commanding and harmonizing power to direct your sensory and willful desires. In this integration you also gain wisdom as to your emotional fulfillment.

It is the challenge and responsibility of every individual to define themselves from the presence and purity of their own light.

While there are many outwardly known teachers using the red ray to create a dominance and charisma, few have shown its actual mastery from a higher viewpoint. Examples of Ascended Masters who have helped bring forth a purification of the red ray upon the planet through their embrace of it include Ramakrishna (a very great tantric adept) and Jesus.

Deity or *Guru Yoga* is the wholehearted worship of the mandala of enlightened beings who are at one with your own enlightened essence. The gateway to access this mandala is seen as your own personal *Guru*, who is worshipped as God incarnate and also approached for practical guidance as directed by the nature of the relationship. Any apparent defects of personality of your teacher are ignored, or venerated as some type of unusual enlightened display.

This total surrender and lack of criticism gives great merit in your initial purification. It can be applied by the sincere and wise practitioner to take them to expansive heights. This includes the transmissions and radiations received through being in Oneness with that person or entity. However as

time has shown, it also has serious pitfalls which can allow distortions to continue. It can blur the sight of what the real liberation is as seen through the eyes of the Mother and through the Ascended Consciousness. It is what a friend of ours calls "old form," *because it does not actively recognize the innate Individualized God Essence of each Individual.*

Now is the time to bring forth a new, more expanded way of the time-honored tradition of spiritual transmission from adept to student. This is in timing with the earth's momentum, in which she is supporting a greater quickening of consciousness upon her, where each embraces the Divine Oneness. In this cleansing of house, the only safe refuge will be in your own Divine I AM Presence, for it will guide you, show you what needs healing and bring forth the best of every day for you.

To understand this wisdom, meditate deeply into the transcendent wonder of your own Presence, which has all the answers, yet does not really care so much about gossips, belittlement, or judgments. Its only concern with such things is getting you free, through forgiveness, Love and excellence. Your higher Presence radiates gifts you can express, glorifying your existence as a free and radiant Light. You have to touch that space of incredible light and love, of sublime clarity, of joy, of Oneness which is the home of your higher Self, to really understand this.

While many of the Ascended Masters have played in these old forms of religions, hierarchy and dharmas, still continuing to affect many souls for good through these forms, they are not used in their direct teachings to those who are ready. All the positive attributes of Guru Yoga are automatically filled through sensitive understanding, awakening into the feeling of the Body of the One through finding your own God-essence. No one can do it for you, not even an Ascended Master. Worship, while part of the early baby stages, is transcended and becomes replaced with a deeper understanding of communion through alignment, as held by your Pure Overseeing Presence, consciously at One with Oneness.

Another area of distortion prevalent in the red ray is the work ethic. While a healthy ability to apply yourself towards constructive activity is a great strength, the use of work as a one-sided approach to life has held more than one soul in the bondage of struggle. The presence of struggle is not a sign of spiritual understanding, rather it is the activity of the ego trying to assert itself, resisting movement, or creating a niche for itself out of alignment with your greater purpose.

Many people must embrace this healing and find the soul-driven activity that nourishes them and others on every level. Its test is simple – do you find excitement in what you are doing, does it serve some deeper purpose for you? It means letting go of a limited way of being by redefining service as *Awakened Love* and work as *your active application* for upliftment, joy and excitement of Divine purpose. True service never was and never will be the activity wherein a person supports or perpetuates the limitations of social consciousness.

Finding your God-Presence brings great joy and purpose to whatever you do, through the sheer quality of just being that Essence. Work implies a discipline to support or improve life that at times means that you do it anyway, even if it is not in your joy to do so. This gives grit and the ability to apply yourself, to keep-up and the development of self-worth and esteem.

Regular avenues of karmic-participatory work can serve you and others for awhile, but at some point on the spiritual path you gain a greater freedom. The way that you see this world, its karmas and the true source of its support means that you no longer need place yourself in areas of work that have little spiritual depth or meaning to them. You have become free of these levels of karmic interaction and part of gaining this freedom is to break free of the red-ray distortions around the concept of work.

The earth is eventually to become your Ascension ground – this is true for all souls who have committed to the collective Light within Her. First however, you must free yourself from the earth as a karma-ground by becoming free of karmic participation.

Karmic participation is when you bind yourself to limited activities and relationships which you know are not of your highest light. Yet you continue, because you do not feel, or trust or know that you can create your life in a better way. Or you continue because you have not yet healed yourself within a certain limited arena. In healing and giving yourself permission to express your higher purpose, the earth becomes a kind of playground. Finally, as you gain the inner victory, it becomes the place of applying that victory to its full outer manifestation – your Ascension-ground.

Trust in your light that you will be supported in doing what you know is right for you. There is a limited viewpoint which condemns those who do not follow its brand of work ethic as "lazy." To a spiritually motivated person, the word "lazy" does not even exist. Yet there can be periods in your life when the current is running very deep and the attention is not so focused

on outer things. To a person not yet awakened and skilled enough inside to follow this current through the inner spaces, that might mean a lot of time lying around integrating and getting in touch with what is going on. This is an important time when consciously respected and applied. It is advised not to let it slip into lethargy.

We have a saying at times, "The less we do the more that gets done." What needs to be understood is that in this condition, the inner work and penetration is to such a great degree that diluting it through outer distraction lessens what is accomplished through it. We also say "There is no rest for the conscious." In truth, "I AM that which never sleeps."

A lazy person is one who is not able to change, who sabotages their own success and wants to keep things just the way they are. A lazy person does not want to see what is blocking them, to feel what is holding them back, or to make the effort to change. In fact some people work very hard at being lazy, even working several full-time jobs at once rather than looking within through their creative power, applying a strength of self-belief to create change in the real and often hidden issues of their life. Dedication to an outer cause of work can become a smokescreen to prevent looking at deep emotional issues; there will always seem to be reasons of social consciousness that it must be this way. The message is: first the inner work and clarity – then the outer activity. Neither a lazy person nor a person driven and obsessed by work have the time to find the way of balance. (I do not intend to "put down" those who genuinely find great purpose and reason, physically and spiritually for working long days and nights. Such souls are often right on track – this is something that must be genuinely known as perfect for that time).

The red ray quickens, purifies and strengthens the physical and astral bodies, helping bring forth definition. The red ray also is very good at dissolving dross. The dual nature of the red ray – to strengthen or to dissolve – is accomplished by how it is used and the feeling with which it is qualified. For example, a red energy active in the body can bring muscular strength, or it can bring a great cleansing resulting in a temporary feeling of weakness. The qualitative effects that the red ray has on your body also depends on the being from which the ray is sourced from. Do you feel your



own presence behind it, or someone else, a role model, or an opponent perhaps? You also qualify the red ray by how comfortable you feel with using it.

Red denotes power, physical vitality and health. It helps in physical discipline and labor, bringing cheerfulness. It can purify the physical and emotional bodies through its vibrant visualization. Meditating with the color red stimulates the astral (emotional) dimension and quickens the movement of energy in the body, giving it a tangible feeling. It helps to have the red light in the body to give it the strength to sit for long periods of time.

A bright red light may be used to clear obstructions in the subtle energy channels. Used in this way, it gives the ability to "see" inside your physical body and feel its energy.

The strength and power aspect of the red ray helps people who work physically for a living, as well as those who work with responsibility upon the Earth plane. It enhances physical health, charisma and connectivity, particularly when in service to a spiritually refined existence.

A strong red ray person is fully present and has no hesitation in drawing upon all the support given in the physical plane to support that presence. Those who think they are above it all disempower themselves through lack of connectivity. Before the red ray can be strong, a person must make a spiritual decision that they really want to be here on planet earth!

In our solar system red finds much expression upon Mars and Uranus. It has a very healthy expression through the Pleiadean energy and is one of the four primary initiations from that system. The Pleiadean dolphins have a very vibrant red energy.

Before actively meditating upon the red light, a commitment to sadhana must already be established, so that the practitioner can integrate its energy in a pure way. When red is felt emanating from an inner incorruptible purity, it purifies and strengthens the body with a sense of lightness and vitality.

A person who wishes to work with this ray is advised to value a cheerful humility and a joyful attitude of service. Red is a strong earth color. If bright, red brings earthly abundance and strength. Its companionship with the gold ray helps in this brightening. The red ray is of particular benefit to the gold and blue rays. The red ray expression in each of us must find its peace with the perfect timing of the green wisdom, i.e. not to push things out of divine timing because of what seems so physically imminent or important.

Active use of the body emphasizes the earthy colors. As the body becomes sensitized to the spiritual energy above the head and the downward descent comes in earnest, then the order is reversed and it is often the red ray that is the last to be fully developed. Often, a person's development goes through several cycles of this up and then down emphasis of how the rays are developed, until there is a full integration.

DECREES

"I AM The Light of God that Never Fails"

"I AM the inner illumination of my body, perfectly visible to my inner sight"

"I Love myself and delight in the beauty I find springing up within myself"

MEDITATIONS and PRACTICES

- Visualize a red flame within and about you. In the center is a core of deep, pure, blue light anchored from your cosmic being. The feeling is that the red flame looks not to things or influences of the outer world, but to its unflinching duty as an outpouring of this inner blue light. The two lights are not separate, rather they fulfill different aspects of your higher self, with no sense of conflict whatsoever.

- Visualize yourself ten to twenty feet above the head, as bright red light, actively emanating good feelings. See your image in this light as strong and youthful. Visualize this image above your head running or skipping, then do the same physically, integrating it as a light into your body.

- Bone Breathing (chapter six).



Pink

Pink is a soft creative color of a feminine nature, bringing forth a rich thick field of ambient energy. It is a color of devotional nature; it is frequently seen in the aura of yogis and people of a giving nature. When you surrender into the pink energy, your heart will float in light, bringing forth a devotion to the Divine. A few inspirational figures who carried the pink energy strongly are Mother Mary, Mary Magdalene, Jesus, Ananda Moya Ma, Tara and Paramahansa Yogananda.

Some of the wonderful qualities of a soul carrying the pink ray include a compassionate nature, being able to see another's point of view and a softness which carries a healing and blessing presence to all. A pink ray being knowingly or unknowingly values the purity of the soul above all and naturally avoids gross people and behavior.

It is a creative and emotional energy, feeling the heart moving though the universe. Pink is very healing for the nerves. Pink has an association with the heart, spleen, the halo around the head; it is a component of the higher causative realms of existence. Its very open nature can bring a feeling of vulnerability, of not having the inclination to defend itself or see fault with others.

The soft power of the pink ray keeps the subtle energy channels of the body open. Without the full development of all the rays, it is often gullible, easily led and lacks the penetrating power of discernment. The pink ray personality tends to make excuses and compromises for oneself and others, typically overcompensating for the behavior of others, making statements such as, "I could not do that, it might hurt so and so." Yet these same people, when there is something they do not want to see inside of themselves, have a tendency to unconsciously manipulate others to overcompensate for them, so that the issues are not directly confronted. It is important for a pink ray person to enter the stark truth of stillness, to see beyond the personality.

As in all the rays, there are those who manipulate a ray to try and dominate an energy field. I have seen some skilled sorcerers, people who have literally been trained in the sorcerer's art, using the pink ray to manipulate the emotional energy field, particularly in drawing on the opposite sex. In the long run, this simply makes a lot of difficulty for the person doing it.

Skilled manipulators who are ruthless in getting what they want through manipulating the emotional field of others often misuse this ray. Through a calculated use from the third eye area and mental faculties, a person can prevent others from seeing certain sensitive areas, unless the others are aware of what is occurring. It never occurs to most people to work with this ray in such a way, so this interference is seldom seen. Many politicians use it, though unaware of the mechanics involved.

When the pink ray is projected from the mental faculties for the purpose of interference, it creates a subtle confusion in the energy field. People in that field will still get inner visions, but it is combined with a sense of doubt. The mind wanders into "what if" scenarios, playing through all sorts of possible failures. From an auric perspective, this use of the pink ray will create a defined banding of pink, about eight inches thick, around the head area, which holds the interfering images. This is in contrast to the more surrendered and feminine use of the pink ray which does not have clearly defined borders, is softer, soothing and is always connected with the heart.

A person in this energy field must stay on guard to constantly create a feeling of success within themselves. Through their I AM Presence, they must subtly redefine all energies in their auric field with that crisp, clear feeling of the heart living in Perfection.

Do not let this put you off using pink in the head centers and above, as this is a very valuable and necessary development. Just be sure to keep the purity and heart connection; the pink ray will greatly serve you in bringing forth feeling into manifestation. Combining gold with your visualization of pink gives greater confidence. Blue keeps everything on track and aligned.

While the red, orange, gold, green, blue and violet rays are strongly sourced through various third, fourth and fifth-dimensional outpourings from within the various planets of our solar system, the pink ray is very consciously sourced on the sixth dimension from the planet of Venus. Thus it does not carry some of the more dense karmas within our solar system.



DECREES

"I AM the blessing presence."

"I AM the illumined mind radiating in the heart of all God's children."

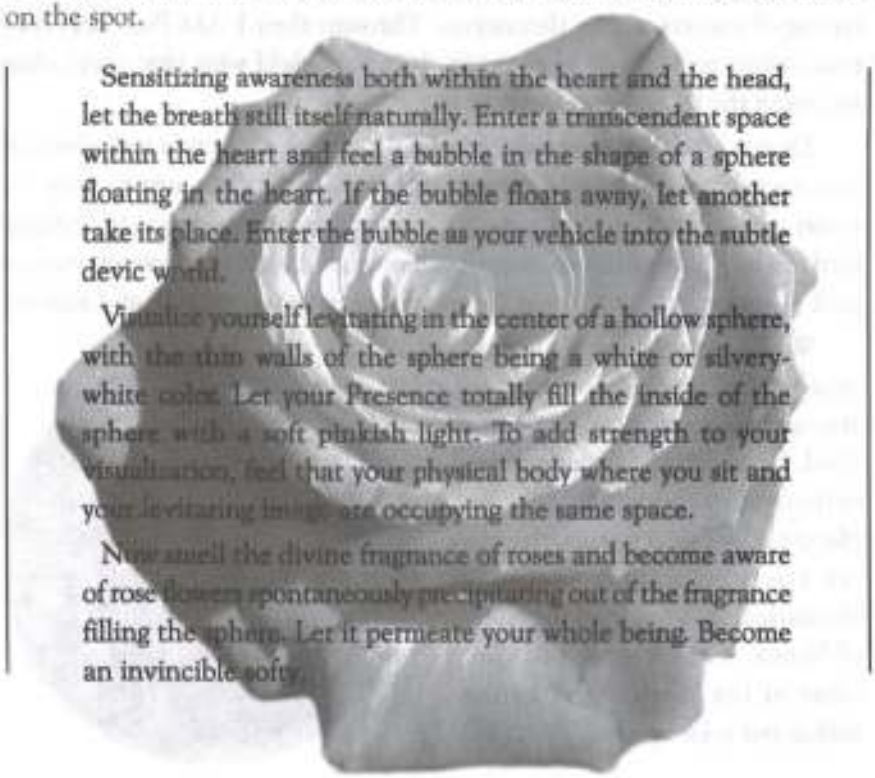
"I AM the forgiveness of all unenlightened activity."

MEDITATIONS

Entering the pink ray as a meditative vision can bring forth awareness of subtle devic realms and refined places of higher elevation, such as mountainous areas and places of angelic consciousness.

A pink ray person benefits greatly from the addition of a disciplined practice of kriyas, dynamic yoga sets and formless meditation to their lives.

Blue and gold combine very nicely with the pink ray. Pink and gold bring a wonderful ecstatic fullness that gives such a richness, an ambience of connectivity, that you feel you could precipitate something right there on the spot.



Sensitizing awareness both within the heart and the head, let the breath still itself naturally. Enter a transcendent space within the heart and feel a bubble in the shape of a sphere floating in the heart. If the bubble floats away, let another take its place. Enter the bubble as your vehicle into the subtle devic world.

Visualize yourself levitating in the center of a hollow sphere, with the thin walls of the sphere being a white or silvery-white color. Let your Presence totally fill the inside of the sphere with a soft pinkish light. To add strength to your visualization, feel that your physical body where you sit and your levitating image are occupying the same space.

Now smell the divine fragrance of roses and become aware of rose flowers spontaneously precipitating out of the fragrance filling the sphere. Let it permeate your whole being. Become an invincible softy.

Orange

The orange ray, as a tremendous creative limitless ecstasy, telescopes inwardly into your Divine Presence as a field of infinitely bright whiteness. It connects you directly to the unlimited solar radiance that is the Bliss of creation. The orange ray is wielded as a transformational power by great cosmic beings and its ecstasy and transcending power can bring forth the emotional manifestation of what is desired. This wonderfully ecstatic and refreshing ray has a great cosmic heritage.

The orange ray gives a lot of freedom, because it contains a direct connection to the tremendous freedom inherent in the flame of existence. If a person takes license to qualify this sense of freedom from the lower self, he or she creates distortions and muddies its brilliance. This results in a rebellious attitude and resistance to one's own perfection of light.

Care is needed when first meditating on this ray. Its activation will tend to focus attention in the second chakra and genitals, stimulating erotic feelings, passions and all sorts of images. The practitioner works with this energy by transmuting it and constantly circulating its stimulation into the upper centers. Valuable tools include pranayama, visualization, yoga sets and deep meditation upon your formless essence. As the practitioner makes significant breakthroughs with their emotional healing, the sexual current originating from the genitals begins to fuse directly into the upward movement of the spinal current and fusion channel.

As this fusion continues, energy is no longer seen as sexual; it is just energy, so it is naturally transformed as part of a whole-body-presence directed by inner clarity – your I AM Presence. When you have totally elevated your use of the orange ray from a personal-emotional-sexual orientation into its cosmic ecstasy, this ray becomes widespread in its distribution through the body, drawing in universal energy as a nectar.

The orange ray helps to emotionally awaken the heart and clear obstructions along some of the nadis, particularly along the spine. It can become inwardly visible in awakening a number of different centers in the body, bringing a seductive feeling of a great outpouring of mystery. Not that it is a mystery, rather the emotional feeling of ecstasy being tapped into can give the feeling that life contains so much more than most grant it.

Visualize yourself entering an orange sphere of light and give yourself into its transforming joy. The analytical mind is dissolved, totally dissolved; one laughs for no reason at all! Freedom is known. You realize that you have such great freedom, that no one is telling you what you can or cannot do, you just are. In this, the only limit to its ecstasy is the degree to which you can expand to become it. In the center of this orange lightning, telescoping deeper and deeper, is a cosmic white light of truth, direct from your I AM Presence, beyond all outer qualification.

In the 1800's and early 1900's a wave of Masters who were expert in the orange ray came forth upon this planet to do deep transformational work upon the collective psyche, preparing it for the new age dawning upon humanity. Much of this work was not outwardly recognized. Some of these beings include Lahiri Mahasaya (Mahavatar BabaJi's principle disciple at that time), Sri Yukteswar, Sri Radha Devi (Ramakrishna's Twin Ray and consort), Nityananda (the Guru of Muktananda), Ramana Maharshi of South India, Mahatma Ghandi, Sri Aurobindo and his Twin Ray who was simply called "The Mother" by her devotees. The Beloved Master Lantro is particularly strong on the orange ray.

The cosmic being Shiva is the Lord of the Orange Ray for our system. He has also been referred to as the Venusian being, Serapis. His great love for the Himalaya Mountains has brought forth his presence into the very atoms of its mighty ranges. He has a particularly active interest in America and is working to remove the spiritual distortions so prevalent, so that this land may come forth unhindered in its great providence as a place radiating the necessary feeling of what it means to be purely in your Individualized God Presence.

There is a widespread feeling in the United States that this land is like a clean slate upon which a new beginning rose up from the heavily polluted psychic field of Europe. While this definitely has a truth, it is ignorant of the great land that America is; she is very sacred and ancient, containing hidden treasures within her atoms. The soul remembrance of this land is more and more being activated in the subtle levels, which will come forth in the feelings of many individuals.

Having traveled broadly, I experience that even with its many problems, America is forging ahead as a cutting edge in bringing forth the new spirituality for the awakened humanity of our planet. This new spirituality is not based on structures of dharma, but on the intuitive light of the individualized God Presence. Penetrating into the Radiant depth of your own Presence is the

doorway into awakening not only into the possibility of individual excellence, but the ecstatic reality of the Oneness. **Being in the Oneness is not in any way a loss of individuality, rather just the opposite, for to remain conscious in such a family you must find the wonder of your own Light.** The Orange ray brings forth the permission, the cellular freedom to ignite the feeling of the Divine intimately at work, in a play of magnificent proportions.

Through enough deep liberating meditation, the ecstatic creative energy is felt everywhere in the body and originates from above, rather than from the genitals (second chakra). The predominately orange ray personality will use the tremendous creative freedom felt from the orange ray to rebel against what are felt as restrictions from society; this will continue until this personality no longer looks outside, recognizing instead the infinite as the source of beautiful and ecstatic occurrence. Sexual energy must be seen as just energy, which releases the attention into cosmic consciousness and transformative service.

Orange is a ray of transmutation and of ecstatic creation. It is sensual, earthy, mystical, radiant and brings forth beauty, strength and stability. Orange is a color of the soil and may be thought of as the soil of the body. If your soil is strong, you will be strong. If it is weak then you cannot ground the full voltage of the spirit. Thus orange is a quality that we can use to transmute the cellular structure of our bodies, quickening and raising their vibration. Orange is used by some Kriya Yogis to help transmute their bodies into light. The direct conduit of the orange ray to the solar principle is used to elevate the very atoms of the body to a higher frequency. Orange always works with other qualities, just as the soil serves the plants which grow in it. It is used in abundance by the Devas (along with many other colors). Orange, when unbridled, brings the capacity for change.

Orange consumes and creates at the same time. This transmutative ray may be worked with by anchoring it several inches up from the base of the spine, where it finds a resonance with the sexual energy, then filling the heart and the whole body with a



bright and extremely lively orange. As it moves upwards, I find that orange creates the feeling of being earthy in the vastness of outer space, which is an ecstatic feeling. After the second chakra is totally purified, the orange ray does not need to be anchored through the lower spine, but simply through the free attention of consciousness.

A bright, free, visualization of the orange ray is great for purifying the lymph in the body. This clear fluid plays an important spiritual function for the adept, as it becomes a "second semen." Purified lymph is a vessel to receive cosmic electricity, store it and circulate this vitality throughout the body. Purification of the lymph goes hand in hand with cleansing of the bone marrow, tendons and particularly the joints.

Orange is a mystical color which in its purity hints of hidden mysteries, of the nature of creation, all within a framework of Love of the Divine. Yet it is only a hint, as it needs the fuller picture for its satisfaction. It is not by chance that many swamis wear orange, as one needs strong roots to fly high; orange helps in this grounding. An advanced Yogi or Yogini may discover its awakening in the heart, which brings an ecstatic internal dance beyond description. The orange ray is sometimes used by advanced Yogis to help purify collective karmas.

The orange ray, if not developed in balance to the other colors and through internal recognition of divinity, can promote subtle tendencies of possessiveness and pride. This leads to an earthy stuckness and covert activity that, while outwardly accepting of people, subtly blocks free movement of higher energy. Another weakness of some orange ray people who have not yet found their mastery is a secret fascination with psychic phenomena and difficulty in intimate relationships.

Unfortunately, some personalities use the orange ray as a qualification of mysticism and magnetism operating through a combination of intellectual and psychic shamanism. In reality, such an "expert" dilutes the spiritual path, creating a muddy, polluted orange color in the energy field, which can only be washed away by embracing the pure tangible presence of higher radiance.

Orange has the capacity to stimulate your subconscious mind; it can bring forth a flood or swirl of images. If a person is not inwardly clean and of a meditative mind, then this can lead to a loss of focus and grounding. Oddly, the loss of grounding is the opposite of what this color brings to an integrated personality.

To clear distortions of the Orange ray, recognize your I AM Presence as a manifestation of the Oneness, so there is nothing to rebel against. Everything in your life is a result of your own creation, thus you must own the responsibility.

DECREES

"I AM the fulfillment of all that I desire."

"I AM the victorious presence reclaiming every cell of my body temple."

"I AM Bliss."

MEDITATIONS

Activation of the throat center is the doorway to a great many tantras within the body, including the ability to nourish the body from light and enhance inner communion with others. A great orgasmic bliss can well up from within the throat center through its subtle stimulation and absorption of the higher currents.

One way to focus the attention as such is to feel a bright orange light concentrated in the throat area. This stimulates the glandular secretion of the thyroid, which makes a feeling. One may even feel the sensuous movement of the thyroid glands beings stimulated by the light. As the attention is kept focused in this area, it becomes a closed loop in which the glandular secretion supporting this feeling increases without limit as the attention is held. For those who are ready, meditating with a bright orange light in the back of the head is very transformative.

Emerald Green

The Green ray holds dominion over the terrestrial world in the same way that the blue ray feels its home in cosmic truth. The green ray expression does not feel truly comfortable until it knows that all the rays are given their due expression and acknowledgment. Thus the green ray is involved in emotional healing and harmony.



The green ray involves connectivity – connectivity of words such as in poetry and linguistic skills, connectivity of sound as in music, imaging of space as in art and spatial connectivity of the body to elevate it in light.

Balance, harmony, love, electromagnetic presence, penetration, peace, stillness within form, compassion, integration, neutrality, musical ability and linguistic skill are all green ray qualities. Green is a color of the heart and of nature. Science seeks to understand the relationship and connectivity of creation. This brings an interesting observation, that science may be explored in modern days with the intellect, but it is the stillness and connectivity which in poignant moments brings forth understanding.

Green stimulates the pineal gland in the center of the head, opening into a greater relationship with the cosmos. Green helps integrate new experiences and your environment. Being able to integrate experience results in a healthy, disease-free embodiment with strong nerves. Green in its harmonizing quality is a color of the liver energy and may be visualized there with great benefit. Green foods strengthen the heart, nerves and liver.

The green ray holds an important next step for humanity's evolution into the heart, a consciousness aware of the inter-connectivity of all life and the quickening of the body's molecular structure.

Green accentuates a feeling of the love, peace and beauty of harmony. In its purity, the heart is the first ascending center of consciousness established above judgment. The heart is an ever-present sanctuary where you can dissolve the clatter of the mind into beingness. It is a home base from which to learn of the quiet way. In this classroom, one next learns how to forge ahead in the higher realms by traveling deeper within the heart.

The green ray is particularly adept at linguistics, poetry and expressing itself through writing. Writing a journal or speaking in depth with others help your green ray development. For this to be potent, however, it must include deep penetrating meditation to bring forth insight from the great silence of your being, for the science of interconnectivity that the green ray knows is deep. No matter how well the trusses on a bridge are constructed, if the whole structure is not connected firmly to bedrock, i.e., based on truth, then it will simply crumble in the face of testing weather. Analogy is a green ray tool.

Distortion on the green ray creates distortion of time and space and requalifies the inherent perfection of your I AM Presence into disharmony by pushing the timing of situations inappropriately. This lack of higher trust

brings forth covertly hidden self-image problems, jealousy and looking outside of yourself for the answers. It can be very subtle, especially when hidden behind a charismatic outer show.

Self-correction requires feeling the harmony of perfection and all the rays in harmony. Distortion of the green ray often compels the more outwardly visible gold ray into misqualification of will power. This deception can be very good at covering its tracks; thus, a person doing so using the green ray can even end up deceiving themselves.

This can result in a person trying to impose their personal sense of timing onto another. Again, to clear distortions on any ray, all the rays must be brought forth. The blue ray, if held as a central point of command, as a bright radiant light in the center of inner awareness, can bring forth the conflicts of the outer personality and create the openings for deeper alignment into the cosmic perfection.

In the process of clearing these distortions, I have found it extremely helpful to feel that the fabric of terrestrial space is made of a beautiful deep emerald green light containing within it all sense of perfect connectivity and timing. Any ripples of congestion on this perfect fabric are the result of egoic contractions. I use the penetrating power of my I AM Presence to see what is behind those ripples and bring it to a clear brightness of the green fabric. This green is a combination of deep emerald green with a bright translucent clear light that shows it is bound to the higher causal planes of existence and therefore to a quickening of perfection.

There is a tendency of the green ray personality to place the power in things outside of themselves. Their natural ability of connectivity and allowance makes the arts of astrology, I-ching, tarot cards and muscle testing attractive. Yet this fascination can covertly become a play in the shadows and extremely disempowering. An element of uncertainty is always present. This is in exact opposition to the feeling necessary to effectively apply your I AM Presence as the governing force of your world, the ability to go direct and receive every answer you need. It also opens the door for all types of confusion.

The heart is more than human feeling. This is a partial opening of the heart, but it must open further to Divine Wisdom, which always brings forth a blissful feeling with it that is unmistakable. The heart is connected above the head, then above that to its Divine source right within the heart, ever opening circles of Love and Perfection which can see, be fearless and remain at peace in the higher knowingness of Perfection.

A person who has not surrendered into the full opening of the heart must guard themselves from jealousy, subtle manipulation of circumstances, lack of commitment and a very tricky level of deceptive dishonesty of which they may not even be aware. All this comes from an inner battle between the soul knowing the potential of this ray and the psychic capacities of the ray operating with a heart closed to the higher wisdom presence. This scenario makes it very difficult for the kundalini to rise and stay at the level of the heart, as the cleverness of the person inadvertently brings it back down. The only way out is through using the tremendous courage inherent within this ray to remain humble, while practicing a strong sadhana and being one-hundred percent honest with yourself.

To understand the power of the green ray in regards to healing and precipitation, meditate upon the feeling of magnetic attraction and repulsion. Get in touch with the feeling of these forces.

Now visualize a cloud of energy that is electrons swirling around the nucleus of an atom. The cloud of electrons makes an indescribable inner sound. Get in touch with this sound as an inner radiation, then connect it with the green ray. As you feel this quality in the atoms you are visualizing, let this song resonate over the entire body.

The song takes voice and resonates creation, corresponding to the depth and connectivity of your visualization, i.e., how much it penetrates through the subtle dimensions into observable reality. By being able to get into the feeling of the green ray and changing the octave of this song, you are able to change the vibrational rate of the electrons in your body, changing the dimension in which your body exists. When mastered, the feeling becomes so smooth that it feels as natural as walking after standing still. I have briefly experienced this several times.

There is another aspect of the feeling connectivity of the green ray which helps to heal the body. On a basic physical level – what is it that holds a muscle up or lets it sag? What is it that brings a feeling of everything suspended and held in just the right space in the body, or else lacking vitality? While this can be addressed on many levels, in the end it all comes down to the electrical charge present, on a molecular and atomic level, on the atoms of the body. An inner mastery of the green ray can help to restore the balance and proper relationship of every atom molecule, cell and area of the body to every other part of the body. Again, this is an inner song of resonance with the feeling of perfection inherent within your I AM Presence.

DECREES

"I AM the perfect timing of all manifestations within the I AM Presence."

"I AM the Presence on guard, allowing no disruptive forces to enter this body temple."

"I AM the earth. The earth is my body."

MEDITATIONS

Breathe, move. Then sit. Feel your *prana* (life-force) flowing through you with a tingling of aliveness. Meditate, visualizing a bright translucent emerald green, seeing threads of connectivity connecting everything in the light.

Meditate on the forces and entities of creation, such as the Devas and nature spirits. Feel a presence spiral up from the very center of the earth, enveloping you and continuing far above your head. Feel its pure, heart-bursting elevation, lifting every limitation. Chant the mantra of "Hari" as described in *Eternal Yoga, The Science of Ascension* (see appendix).

Meditate on feeling inside the body. Feeling is an opening up of space within. Yoga sets open up the torso, spine and assist the free feeling of the heart. Moving the hands in various exercises in the vicinity of the heart, such as twirling the arms in a bear-grip at the heart, helps one to feel and be able to relate with the heart. Sit often in nature, be inside yourself. Acknowledge the oneness as the ultimate doer. Walk bare foot upon the ground. Give thanks.



Violet

The Violet flame has great richness, eloquence and a loving elevation. Violet is the fusing of the red and blue rays, action and wisdom as one expression. The violet flame gains its strength from the light above the head, bringing freedom from all outer circumstances not of this light. It requires firm commitment to the Individualized God Flame, I AM, as your tangible source of support through all difficulties. It gives forth the wonderful eloquence and practical wisdom contained within it that constantly echoes forth the feeling of living in the heart quality of Oneness.

To clear distortions of this ray, you must be clear and vital on the red and blue rays, which means that all resistance to the light in the form of rebellion or intellectual bindings must be healed. It is fairly common to see leading visionaries in society working on the violet ray with very basic distortions of its component rays, thus also creating a distortion of this ray. It displays itself as idealism without the ability to penetrate into the details of reality. As conflicts on the red and blue rays are healed, then the violet flame can come out in its full strength, which is more than just red and blue together. Violet is a very high vibratory frequency of existence which has the ability to penetrate deeply into its environment, hold a purifying presence and bring forth a greater reality. An example of a person with a strong violet ray out of balance is one who tends to run away with themselves, leaving a trail of unfinished karmas.

You must be beyond reaction, beyond polarization to distorted energies, to fully acknowledge, experientially, your inner God Flame as your living, breathing and very real Presence of life. Activation of the eighth and ninth chakras above the head and their grounding into the physical body is necessary to clear the subtle distortions contained within these higher centers.

Applying the purifying power of the violet flame prepares the outer self to receive and thus awaken to the inner reality.

For a supreme teaching of the Violet Ray, read the books by Godfre' Ray King (a pen name for Guy Ballard) written in the 1930's in which he describes his personal training with Saint Germain and then gives forth discourses in the later books as received from Saint Germain. In my opinion, the first three books of this series (the green books published by the Saint Germain

Press) are some of the highest and most elevating words ever written in the English language. I most highly recommend that you read them.

They have a power of transmission because the aura of the books are directly connected to the radiant field of the Masters. If read with an open mind and pure heart, these books bring forth the feeling radiations behind the experiences talked about, helping you with your own application of the teachings.

This type of connectivity is in itself an example of the eloquence of the Violet flame, which has so much potential for bringing humanity, quickly, to another level of existence. While simple in acknowledgment, the depth of penetration required to understand and wield the power behind the omnipotent flame of your Presence requires an earnest and committed application to bring forth.

The Violet flame is the last ray to be taught in the spiritual schools on this planet, because it requires a mature soul to grasp that THE FULLNESS OF THE INDIVIDUAL AND THE AWAKENING INTO THE ONENESS ARE THE **SAME THING**.

The Violet ray is magical, transforming, somewhat elusive at times in definition, yet elegantly expressive, honest and present. It expresses itself in a sensitive royalty; if it was not for its frank humility, it could be mistaken as arrogant in its charisma. The violet ray does not compromise the truth. It is a ray of vision, dancing between the formless and form. It transforms existence, opens the intuition to truth and makes life an art and dance of essence into form. Violet is connected to apparent magic, which is alchemy beyond the shallow understanding. It is very close to the Devic kingdom and its understandings, revealing the key to unlock the secrets of matter in consciousness.



Freedom, Divinity, Sensitivity and Transformation in returning to the Self as the cause of creation are all aspects of the Violet Ray. Saint Germain is the Lord of the Violet Flame.

DECREES

"I AM all that I wish to be and manifest."

"I AM the clear path to the Beloved Ascended Masters."

"Oh Mighty Violet Flame, enter this body temple of my Presence and purify it forever of all impurities, limitations and unenlightened memories."

"I AM my I AM Presence."

MEDITATIONS

Meditate in a brilliant, awe-inspiring bath of Violet radiance, anchored from above. See an amethyst crystal and let it show you the Violet color, which is not solid, but translucent and radiant. Sit in the inner silence and become consciously conscious, as reflected in the presence, **I Am**.

Silver

The Silver ray has an eclectic and electric quality, enhancing communication, telepathy, multiple subtle body projection and relocation in space. As a distinct color, it is more evident in the higher realms, particularly the eighth center a few inches above the head.

To properly wield the silver ray, you must be awake and fluid with all the body-centered rays. Without this fluidity, the silver ray does not have the room it needs to work elastically and as a light. In such a scenario, the silver ray becomes more cold, metallic and solid.

Silver is closely connected to the color blue, gives strength with the red ray and is part of the electrical activity of the aquamarine and white rays. The silver ray is formed of mind prana. The scintillating light of silver and gold can easily be created as an activity of the higher mind and through skilled connectivity precipitated into the body as a subtle nourishment. This can be done through drawing it in as a white light sparkling with silver, from just above the head into the center and back of the head. The silver ray helps align the pineal gland in the center of the head.

Like Gold, the Silver ray quickens the metallic ions in the body to a higher vibratory state, so that greater cosmic energies are absorbed into it. This is most important in preparing the bodymind as a greater vehicle of your higher Light. It helps awaken awareness of your light body; you feel it more and see through it more easily, making it a tangible quality of your awareness.

For this working of the silver ray, two things must occur. First, through decree and meditation you sensitize the upper head centers. During this activity, the upward absorption of sexual chemistry is very important, so that it may combine with certain subtle nectars in the head. The sexual chemistry itself is charged with this higher intention. Being able to maintain semen during sexual intercourse or through celibacy, while important, is not enough. This stream of energy must be directed and contained into opening the higher centers in a way that is only understood through the passion of higher meditation.

For most people, complex healing is needed prior to being able to do this, including intimate vulnerable relationships. However, at some point the higher chemistry is recognized and at this point, one no longer holds onto relationship as the source of their power. True relationship is empowered, whole, complete, natural, trusting and vibrant with a happy sense of being.

In your visualization of silver, do not confuse it with a grey color. The silver is very bright, full of limitless energy, is of a very refined nature and has a whiteness to it. The silver ray, properly understood, has a youthful quality to it and gives a sense of limitless energy, lightness and a glow to the body.

A very advanced use of the silver ray is to make the Ascension suit, whereby the physical body can be brought into the Light and then back into physicality. In this application, the silver ray becomes the interface. The adept must already be whole on all the other rays, having overcome all karmic weakness in the body. The silvery-white ray descending from above infuses itself into the skin, becoming your skin. This skin gives a concentration and definition in the Light through which the aspirant projects themselves as a body of Light.

In the Masters' retreats, an adept receives their seamless garment as they are initiated into working with all the rays from the feeling of their One Presence. The seamless garment is a precipitated clothing of light that helps to hold the integrity of the body-image in an elevated feeling of light.

To wear the seamless garment an adept has already overcome their physical karmas; however, subtle astral karmas can still be present. As these are overcome and the adept no longer feels home to be anywhere other than the light in which they sit, then the Ascension suit is earned. In this silver skin, one is free to work on the cosmic levels of creation.

Any areas that are not of the karma-free Light in the body simply do not allow the silver ray to actualize over that part in its full integrity or stability. The Maha Chohan oversees much of the development on this ray which is anchored from far above the head.

As this silver suit is mastered it becomes all the cells of the body. The silver suit is the causal radiance of the blue flame or cosmic image of your perfected form, sustained by that thought. It is an integration of the *Blue Pearl* experienced at the pineal gland when the *Amrit Nadi* is activated. While every cell of your body takes on this radiance, the reason it is called a suit is because of the definition in the light that is given. The golden ray of the higher pranas blends through it and shines through it like molten silver and gold swirling through each other, as each other. All the other rays can also take form in this fusion.

When the silver ray is misqualified by reaching into it to and using it for some manipulation not in synch with a soul's ability to properly figurehead that activity in the oneness, this ray condenses into a hard metallic ethereal substance in that person's body and in environment in which it is used. This substance blocks awareness of the clear diamond-like ray which always underlies the proper use of the silver ray, essentially shutting down intuition and awareness from the higher causal realms.

I have seen ethereal walls of this misqualified silver substance that certain priestly people have created as a protection around particular vortices and temples. However, this is done to keep only certain rays and activities operating and to shut out or interfere with other dimensions and aspects. While it can appear cozy to people who want to keep things along certain established lines, it is very stifling to the higher soul activity. A person who is conscious of the silver ray can dissolve this ethereal blockage.

DECREES

"I AM God in action."

"I AM the clear path to the Beloved Ascended Masters."

The Siddhic Path

When your eyes are open even when closed,
you are awake.

When you can levitate while staying on the ground,
you can levitate in the air.

When you are light where you sit,
you can practice being light anywhere.

When you reside in the eloquence of silence,
you can begin to master speech.

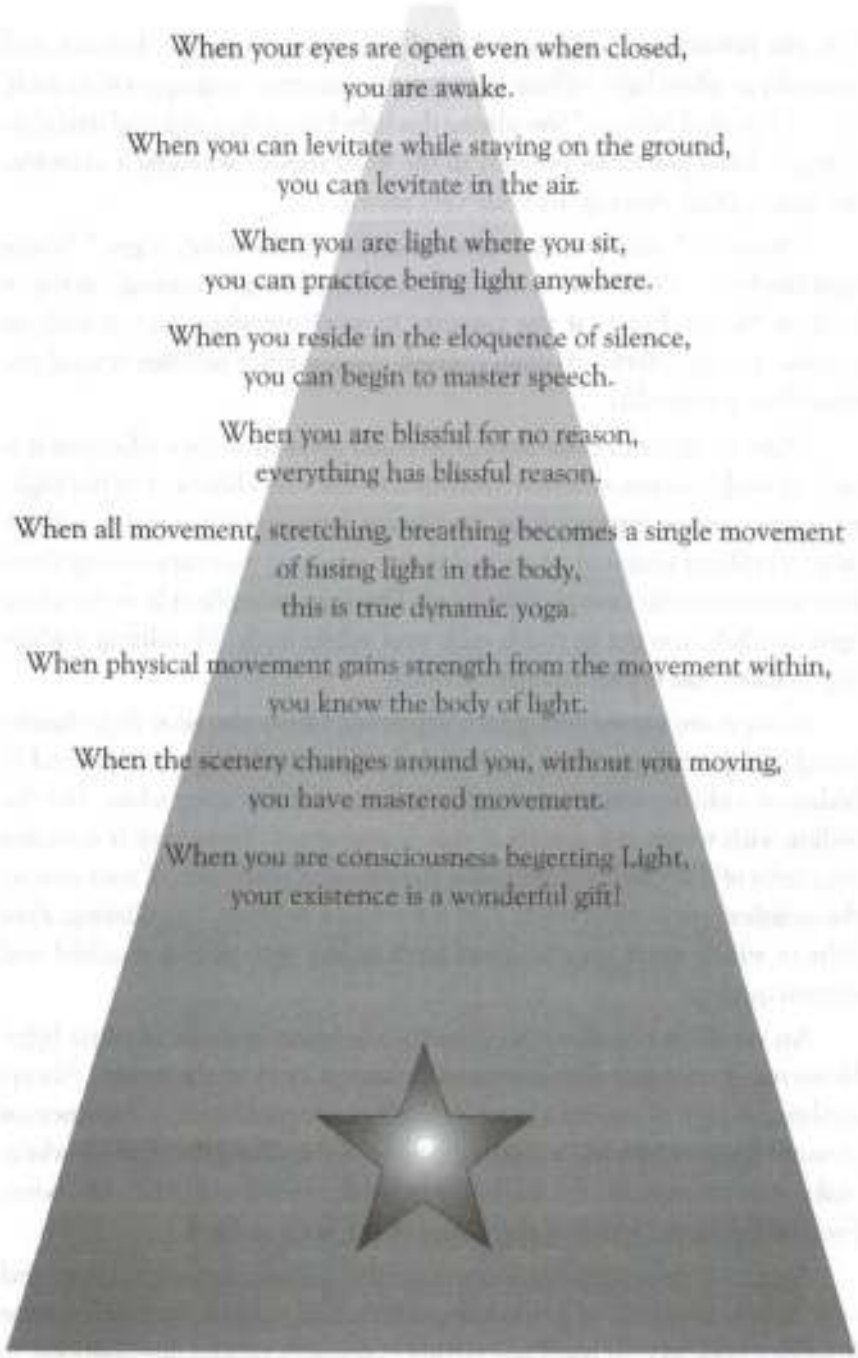
When you are blissful for no reason,
everything has blissful reason.

When all movement, stretching, breathing becomes a single movement
of fusing light in the body,
this is true dynamic yoga.

When physical movement gains strength from the movement within,
you know the body of light.

When the scenery changes around you, without you moving,
you have mastered movement.

When you are consciousness begetting Light,
your existence is a wonderful gift!



The White Light

The eye perceives a combination of all the colors in perfect balance and harmony as white light. White light is more than this; a unique ray in itself, it is the "earth of heaven." Visualizing this light brings openings and strengthening. It has a particular potency in the head regions whereby it activates the fine nectars, making the body very strong.

White, as a color, is almost synonymous with the word "Light." White light can be used anywhere in the body, but visualizing it entering the top or back of the head gives it the capacity to work anywhere in the body as needed. This also serves to open yourself to experience realities beyond the immediate personality.

White as an earth color strengthens and gives substance wherever it is used. It finds a home, whether visualized in the root chakra or in the highest casual realms, birthing form into being. Immersing yourself in a thick tube of brilliant titanium white and then sustaining that sense, bring forth your image from the center of the head. This is an example of how the white light can help you get in touch with your subtle body. Visualizing a white five-pointed star is also excellent for this.

White is associated with purity. However, I have also seen fifth-dimensional energies who in truth could only be described as demons clothed in bodies of a chalky white astral light. It is not just the color white, but the feeling with which you qualify it that is important. Make sure it contains the purity of the infinitude behind it, the inherent perfection of your source, the stainless attribute of truth. Call it forth as a brilliant, scintillating, alive light in which every ray can come forth at any second as a youthful and eternal quality.

An excellent practice is to visualize the bones as made of white light. However, do not feel that you need to limit it only to the bones. Always qualify this light as having a great strength, a sweetness to it, a warmness or pleasant temperature and a youthful quality. If visualizing the bones as white, make sure you include the feeling of breathing prana easily into the bone. Feel the bright red blood in the center of the bone marrow.

Aspects of your visualization to help this qualification would be to feel your face as youthful, of a sweet disposition and radiant. You can imagine holding a bone in your hand and testing it, through various imaginations, to

show its incredible strength. Make sure that you qualify it with a strength that makes it unbreakable, even giving the magnetic force through the bone such a strength that in your mind's eye, it repels any destructive force away from it. Practice breathing energy into the bones, then holding the breath while you concentrate the prana. As you slowly exhale, keep the energy in and around the bones, creating a warmth.

Do not let your visualization of the white light take on a chalky, cold, removed sensation. If you do so, you may easily find yourself attuning to some of the more polluted astral realms and a sense of decay. Sometimes images come forth clothed in this type of light as you are purifying yourself or an area you are inhabiting. These images are either the energy remnants of past activity as remembered in your tissues or in the tissues of the earth, or they are discarnate spirits that are not able to bring the warmer earth energies into their constitution.

White is an excellent color to accentuate the pure visualization of another color, giving strength to that color. For example, in meditating with a pure white light through an area of the body, any discordant energies more easily stand out. It is then easier to keep a focus of the violet flame through the area, consuming the images; in the whiteness there is nowhere for them to hide. The white light also enhances the brightness and depth of the violet flame you bring forth.

By first meditating on white throughout the body, you will feel the richness of a king so close that you just may expect a drop of gold to materialize in your hand. Remember to give it a sweet, youthful, strong, soft and warm quality. Then bring forth a golden light in your hands, in your heart, or wherever you focus your attention. By visualizing white and green, you adjust the proper space that everything in you body takes, i.e., you correct the magnetic web of the body that holds everything in its proper place.

In this type of meditation, keep the colors distinct, yet allow them to overlap and come out of each other. This coordinated splitting of the attention is easy to do as you become familiar with the body. A good way to learn how to simultaneously work with the attention is to feel the bones of one hand, energy entering them from the atmosphere. Then do the other hand. Now do both hands simultaneously. It is just like one color is one hand and another color the other hand, both distinct, even while occupying the same space, yet moving in the same harmony. When you are finished you may like to experiment and blend the various colors into one new color.

While the mind alone can conjure and work with the various colors as you move them through the body or visualize something, it is a tremendous assistance to remember the breath. You can either actively use the breath by charging it with various colors and attributes and then directing the breath as desired, or else you can keep a continual deep breath going on in the background, feeling it open the inner space of the body, bringing in aliveness and alertness into the cells of the body.

DECREES

"I AM my subtle body within the Light I AM."

"I AM the precipitating nectars nourishing this body."

Maroon

Maroon (as well as burgundy) is a mystical application of the red ray. Shiva describes it as a fusing together of the red and green rays. Maroon, in its fullness, represents a deep healing with the earth and its wisdom. It allows the proper use of the red ray as an outpouring of the perfect timing of the green ray, instead of this egoic push, push, push attitude prevalent in today's workplace and social structure.

Maroon, if kept radiant, helps the deepening of the red color in one's visualization in a way that gives tremendous strength to the body. In the visualization of any of the rays, a gradual deepening of the color occurs as it becomes more tangible. However, if at any time the color loses its radiance, increase its radiance, usually by making it more transparent and a lighter shade. The process is similar to starting with a high-pitched voice and gradually bringing it to a lower tone, keeping a richness, depth, maturity and support of the higher pitched overtones within the voice.

The full activation of this color comes from the back portion of the head, as well as from above the head. It simultaneously lights a fire of strengthening emanation from the navel and the *tan tien* (just below the navel). The use of the maroon and burgundy rays are highly developed in some of the Orion and Pleiadean schools.

Use of the maroon ray can help create the "iron shirt body," which is felt as invincible, compact, toned, light and very strong. It creates a strength in the bodymind which helps hold a one-pointed concentration of focus, like a acetylene torch. It makes it easy to "key out" distractions and what you do not care about. Like any ability, this can be used positively or insensitively.

In the past, the mandala of beings awakened on the maroon ray has been a "boy's club;" many of its members try to keep it that way, subtly blocking the entrance of the feminine from joining its mandala. This is not to say that it does not recognize the power of the feminine, rather it uses the feminine for its own purpose, such as a consort to gain strength from or exploit in some fashion, while refusing to surrender to what the feminine truly is.

A person established in the mystical strength of the maroon ray sometimes feels they can make a mockery of nature, as if a law unto oneself. They can take what they want and have the strength to weather the storms. Yet this is a false strength, for in the end it leaves one impoverished of the true beauty of nature. It is part of the function of our work on the planet at this time, as Twin Rays and Kumaras, to consciously step into the mandalas of the maroon ray from the eighth and ninth realms and requalify the emanation of this ray into the collective from the Twin Ray perspective. This is clearing many subtle obstructions in the energy field.

This requalification particularly effects a number of lamas in the Tibetan Buddhist community, many dear friends who we hope will take the next step that this occurrence asks.

Recently a number of Orca whales appeared in my meditation and, after showing me certain activities, showed me that a number of "gremlins" who play in the psychic realms are being freed under the present requalification of the maroon ray. Many of the smaller devic beings, such as the *bondis*, have been shamanically "captured" or influenced by yogis manipulating the maroon rays (and other rays as well). These ethereal beings (and many humans) take on the qualities of the people who are qualifying that ray, similar to the way a pet takes on the qualities of its owner. If a group of yogis create a powerhouse in the subtle world (by creating a mandala), a number of ethereal beings will be attracted to that emanation and clothe themselves in it, being of service to the yogis who created the mandala. Unfortunately, because of lack of development in certain areas, qualities

including machismo, territorial feelings, misuse of authority and a general male-dominated attitude gain entrance into the emanation of the mandala. As these limitations are dissolved of its influence, the gremlins will gradually revert back to their truer nature, which is as messengers of the light.

Turquoise

Turquoise is a healing, cooling, clear color often associated with the historical Buddha. It is a wonderful activation of the thymus gland above the heart, bringing forth youthfulness and a greater connection to the realms within the earth.

Turquoise is sometimes felt with the dolphin energy in its free emotional wisdom, as well as with the Devas and Inner Earth Spirits. It is helpful to meditate with the turquoise light from the eighth chakra above the head along with silver. It brings balance to a predominantly gold ray personality. The Turquoise light harbors Divine wisdom, compassion, helps in clear communication and facilitates a lightness of spirit recognizing the limitless shores of the Ever-Expanding reality of our universe.

Aquamarine

Aquamarine brings forth an electrical vitality of the blue ray, giving strength in subtle projection and a rich watery field of awareness. It naturally coexists with the silver and white rays and it enhances the orange ray. Meditating with an aquamarine crystal is a good way to get in touch with the aquamarine ray.

The aquamarine ray functions primarily on the etheric chord, thus its activity will be most noticed in the genitals, thymus, throat, head and just above the head. While working through the body, this ray is not so much centered in it; rather, it emanates primarily from the eighth center above the head. For those who understand, it helps open the fusion channel in the body (the crown and throat centers must already be opened).

The aquamarine ray greatly enhances subtle mental body activity, particularly giving awareness of spatial qualities and dimensions, helping you to connect more tangibly. Meditating with the aquamarine ray opens subtle sight and visionary ability. However, there lies a subtle trap in this use – if you are not well-rounded in the various rays and connected to your purity, this vision is accompanied by strong atheistic feelings and subtle pride develops. Such a person uses the decrees, *"I AM ...,"* as a creation of power, lacking the humility to align fully into the Oneness.

The abilities of the aquamarine ray, entered from limitation, also find grounding through a person who is very aware of the telepathic currents among a group of people. They will manipulate those currents to their advantage, while outwardly supporting the disempowered social behavior that allows their activity to go unnoticed. This can be seen in some souls who develop their inner capacity through meditation, yet hold onto a priestly role of maintaining a disempowered religious or dharmic activity.

The aquamarine ray is very connected to a fluidic nature, like water that has an aura of electrical fire. The nature of this courageous ray breaks down many social barriers that would inhibit a soul from taking its next step. A soul carrying this ray will often "stretch the rules" of what is acceptable to bring forth growth and go into places that others would fear to tread. The person bringing forth new developments in established fields and the political revolutionary who has the interest of the people at heart will often tap into this ray.

Aquamarine brings forth an idealistic nature, a poetic streak and a visionary romance with the subtle, as its oversees all of life.

Black

Black is a transient quality. It draws you in, allows you to be nondescript. Answering to no one is, in a sense, giving yourself permission to look in places you have not before. Once you do look, the mystery of black dissolves, unless you hold onto to it through denial of moving forward. Anchored through denial, holding on to the blackness within is an attempt to keep control through not wanting to see, or not wanting others to see. Through denial of the light a soul literally creates in their universe a black

hole where there is no light. Other than this self-creation, there is no place in the universe where light does not exist.

Each soul who has denied the light must in some way or other enter into this blackness. Through recognition that they are the Light, they create light and thereby obliterate their denial.

Whenever you do not accept that you have the power to get yourself through any situation, whenever a soul accepts that an outer circumstance has more power than their infinite God self, then at that moment they are to some degree in denial of their Light.

Black Infinitude of the Astral Light

The pure infinite potential color of black, in the higher sense of infinitude, serves as the backdrop upon which consciousness awakens. At the third eye, it is the initial awareness of the astral body. At the heart, it grounds the tenth realm, the gateway of purity and a higher astral existence of pure consciousness.

The black light of the heart cannot be found by visualizing it, rather it is graced at the right time. Trying to see it by visualizing it may connect you with lower astral realms instead. Black is the color given it for lack of a better word in the English language, as no name can describe it. It is actually transcendent of the etheric structure of the body itself and does not form any part of it.

To awaken the radiant experience of the black light, the practice of viewing every experience as the Divine must be established. For it is the infinite backdrop of the universal mind of God which you are viewing primal to the particular thoughts you will draw forth or attract from it. The radiance of the black light is simply the sparkling of your Presence. The qualifications you bring upon that Presence form the specifics of your world. In the higher realms, anything you have a charge about, a judgment on, very, very quickly becomes the specifics of your world.

The black light of the higher realms forms the judgment day of each soul. It is the true testing ground of each soul's advancement and throws back at them that which is not yet complete in their understanding of who they are as spirit.

Some schools in the Orion System and other places have pushed an upward penetration of the personality into a "touch and go" consciousness of the tenth realm in a yogic quest for siddhis (powers), before they had the grace to truly hold that consciousness. These schools are still very much entangled in working out priestly karmas.

I have had many dreams in which certain people in the dreams are a vivid jet-black color, signifying that the activity of the dream is being instigated in the tenth realm (higher causal realms). This is often overshadowed by a Master, whose presence can be felt, bringing forth the presence of all involved into those realms. In these realms absolutely nothing is hidden; a Master will bring forth the image of others into these realms for the purpose of quickening that which must be seen.

Cosmic Attributes of the Primary Rays

The way that an unaware physically based soul, an adept in the subtle dimensions, an Ascended Master and a Cosmic Ascended Master radiate and qualify the rays reveal vastly different levels of ability and attunement. The everyday rays of physical expression, in the hands of a Master, are also cosmically transcendent rays of creation.

Cosmic qualification of the rays requires awareness of your Presence in the realms above the head, along with awakening of the fusion channel. The fusion channel as discussed earlier in the book, is a very primal mixing of energy in the body. It is the precursor to the formation of the brain, bone marrow and nectars within the body, including the seminal and soma essences.

The blue/silver ray in its highest aspect is the causal idea, whereby all form gains its cosmic blueprint. The blue ray is the source of the etheric template or body. The gold ray is the concept of radiance and energy; it is thus the idea source of prana. To understand the rays from this level, grasp that the rays are more than a color – they are the formative essence of the universe.

The dance of the blue and gold rays translates as the emotional formation of radiant prana to clothe an idea into tangible manifestation. Through this dance all the other rays come into existence. As a visualization of tremendous

upliftment, see a sphere of gold and a sphere of blue continually revolving around each other in a circle. In the central pivot of their rotation is the clear diamond essence ray, or your I AM Presence.

As these essences revolve around each other the green ray is created as the aura of their dance. The pink ray of soft ambience, the orange ray of ecstasy, the violent flame of eloquent divinity come forth to clothe the cosmic dance with substance. **All this takes place within the Fusion channel in the subtle body.** Through awakening to the causal images and radiance from above the head and fusing this dance into the cells through activation of the fusion channel, there is no limit to the expanse of enjoyment within form. It is from this level that you gain understanding of the green ray as terrestrial command.

The red ray is simply another octave of the gold radiance that has taken a deeper penetration into the idea of physicality. This is where we can gain tremendous freedom by understanding that the rays are not just colors but an essence that is an integral part of the One Essence of all creation.

Now rotate the blue and red spheres within the fusion channel. The result is the wonderfully eloquent violet ray, with its partner of clarity – the clear ray of pure presence. The violet ray carries a tremendous expanse of awareness, penetrating deep into physicality while remaining aligned to the cosmic blue template or the highest perfection of harmony and Oneness.

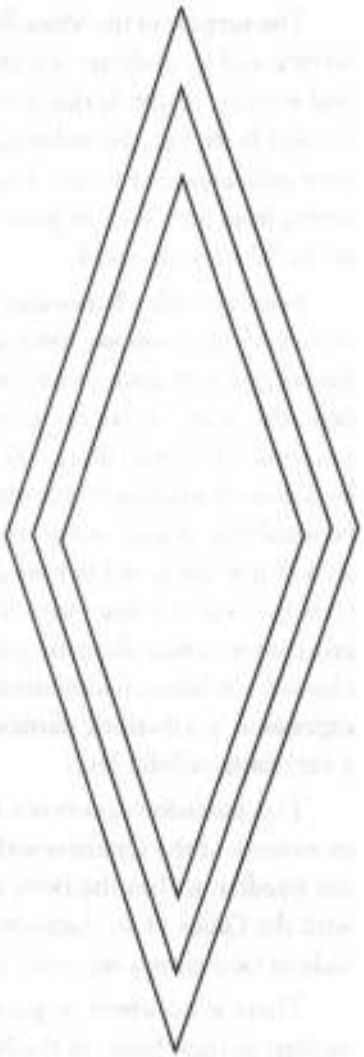
The red and gold pranic essences combined are such a delight that the orange ray comes forth as an ecstatic deepening, connecting to the solar force within the atom and all of creation.

Five people focused together, all with their higher light bodies activated and consciously conscious, can penetrate through all the ethers to bring forth the manifestation of any idea harmonized in Oneness.

Try visualizing a golden disk spinning beneath the five from deep within the inner ethers of the earth. This vitalizes the idea held by the five people through all the elements of ether, air, fire, water – solidifying the intent into manifestation.

There are rays that can only be rightly seen in the subtle sight. For example, to see two or three colors in the same spot, yet distinct from each other, in perfect harmony and on the same radiation – this requires more than the accustomed dimensions of perception.

Clear Essence Quality of the Twelfth Realm



This essence cannot be given any color, other than it makes everything bright, like the clear feeling of the Pranic body. It is your pure Presence and is akin to the word "God" in that it is ever present, prior to personification, in every atom of creation and it strengthens everything that you are and do. It is not something that you evoke, rather it is something you are when you are in the purity of your truth.

Feel it originating as primal to that which is very high above the head. It is the very *idea* of God, the universal sea of possibility and the brightness and perfection always contained within it and available to all souls who align to it.

This is the light of the diamond heart, anchored by the pure incorruptible Vajra[23] essence of Self. This comes about when you are consciously aware that you are no longer living as a separate being, but in and as the Body of the One. This initiation is of the highest order. It requires that the black light of the tenth realm has already been established in the Amrit Nadi at the heart. This in itself is something that only a handful of yogis achieve each generation.

[23] Vajra is your indestructible and diamond-like nature. The view of life from the Oneness is the absolute truth of the Oneness penetrating into and radiating through everything. Far from a removed view, it brings forth the tangible, empowering, and alive essence radiance of clear light. It is the sea upon which the world takes shape, and which remains Eternal as the sparkle of consciousness.

The support of the Vajra-Bodied clear light allows you to undertake any service and to undergo any growth which you undertake wholeheartedly and without doubt. If this activity includes the workings towards the Ascended Body, i.e., the unlimited power of the Oneness within every cell of your individualized atomic body, then the support of this clear light originating from the Oneness gives it the power to be so. It is the ultimate power of the Word, so to speak.

Every possible phenomena and existence must be realized to be a "radiant idea." All emotions, forms and experiences are made up of various ideas interacting with each other. Far from a mere intellectualization of the concept, this is an experience of yourself as a vast soul whereby you KNOW your power to bring change. The understanding of the Oneness forming the backdrop of all ideas brings you to a state of non-duality. The absolute impenetrability of your atoms by any force of duality becomes concrete if the idea of it is anchored in non-duality. As such, the thought atoms of your body become stabilized into the idea of Perfection inherent in the always present joy of non-dualistic perception. The only thing that can break this idea is if you have an idea already imprinted from within you that impels its expression in a dualistic framework. To hold an idea you must become it, on a very basic cellular level.

This initiation occurs not through any activity of the ego, rather it is a movement of the Oneness within itself as it feels you drawing close to your full freedom within the Body of the One. As such, it is always connected with the Grace of an Ascended Master who lives in this light. The infinitude of God always expresses itself through a consciousness.

There is no where to go, nothing to do. A soul radiating this light is moving to their home in the Body of the One.

More on Removing Resistance through Meditative Penetration

A person stuck in the outer sees inner and outer, as two separate worlds. From the inner perspective, inner and outer are one. Inner development matures into the perfecting of the outer – God in action. Awakening inner awareness develops a smooth integration where the outer shapes itself as an outpouring of the inner reality.

Removing subtle resistance starts through your commitment to internal clarity. Learn to see every area of your life, including the nature of your thoughts without losing the ability to remain in the refreshing quietude of your inner divinity.

Start with the basics of health, avoiding junk food diets, gross environments and social company engrossed in social consciousness. Gross input serves to reinforce the level of consciousness in which it is habituated. It is difficult to apply the more refined techniques of kriya when these energies are predominant. You are rewiring your entire psyche to receive its stimulation from a more refined existence.

As you gain greater fitness, you will feel tangible support from within to sustain a greater clarity. Apply yourself firmly to bring the nature of your thoughts under your command. Create a harmonious world within yourself, using dynamic practices to give yourself the voltage to overcome the pulls and resistance of limiting ways. For help in this, I recommend the companion book *Eternal Yoga* (see appendix), as well as friends who are on the same path!

Continuing in this groundwork, you will become fit enough to penetrate into the subtle root causes of distortion, the deepest pains, fears and strategies that shape your tendencies lifetime after lifetime. The key to removing subtle resistance to the light is to have the willingness to see it, then replace it with a greater reality. This willingness to see cannot be overemphasized. You must decree, affirm and hold to that willingness and be willing to track the rebellious thought poking through from left field.

This inner work brings you freedom. To gain this penetration there must be a part of yourself that is governing the whole process which lives above even the most subtle levels of distortion and incompletion. This is your innermost God-Essence. Literally visualize a flame from above composed of your presence, enveloping everything of your world. The time honored application of this simple essence meditation is the key to your success.

Our most subtle resistance has its roots in the psychic structure above the head, forming underlying aspects of our personality. This resistance actually provides a persistent pressure to keep the more gross manifestations of the outer personality active. These hidden soul traits are the reasons people sabotage themselves or stop growing beyond a certain level, juggling or trading one set of forms for another, over and over again.

The best way to address these and free yourself of your own subtle limitations is to burn the candle from both ends. You are the candle and there is

no reason why you can not light both ends, heaven and earth. Start right at the beginning with the essence meditations calling forth your God-Self as the victory, as the intelligence and the only power. At the same time start living it in the everyday areas of your life, in the joy of vitality and feeling of emotion, bringing refinement and elevation. Create what you need – time, better attitude, more willingness – through first decreeing it and then applying the knowingness of your own decree, step by step.

This book will hopefully, over time, help to catalyze self-movement into greater freedom through inspiring your attention in the freshness and perfection of your Self-Radiant Light, with the clouds cleared away. Experience is the invaluable means to your Mastery which no one can give to you and no one can take. Willingness to see is how we each begin and how we gain the sight. See all that you have created and fearlessly remove distortions of your Divine sight and feeling, through the courage, I AM.

The rays will crystallize into a language of the soul through familiarity with them. By meditating on the purity of the rays, you literally purify how you qualify those rays into your existence. Our training with the Beloved Ascended Masters of Light involved much time in becoming consciously conscious of how subtle distortions are created, maintained and eventually dissolved in the process of growth. While we can communicate some of this knowledge, it only becomes of value in the midst of your own application in gaining your freedom through meditative practices.

Dissolve hopeless struggle into the effortless perfection from above through meditation, kriya application and deep attention into the aliveness of the flame of your presence, **letting go of the outer grip and standing fast in the inner trust**. This gives a greater and greater carefree state, i.e. free of investments in limited perspectives. In this freedom, honestly, penetratingly and enduringly affirm the willingness to feel, to see, to know the reasons why you would want to maintain such a distortion. Get into the memories, the long forgotten affairs – releasing them into the brilliance of your fearlessness, your meditative knowingness of a higher way.

Then keep practicing, keep applying yourself in the victory that you have gained. Do not look back, just live in the higher state that you have earned and seen for yourself. This is the inner work which will bring you forth into eternal clarity.

RAINBOW BEINGS

We are all multifaceted beings composed of all the rays. A being who consciously knows this and lives in that knowingness may be termed a Rainbow Dancer. Such an entity blends energy across the entire spectrum of expression, bringing forth the Collective Christ Light, the One Presence – I AM.

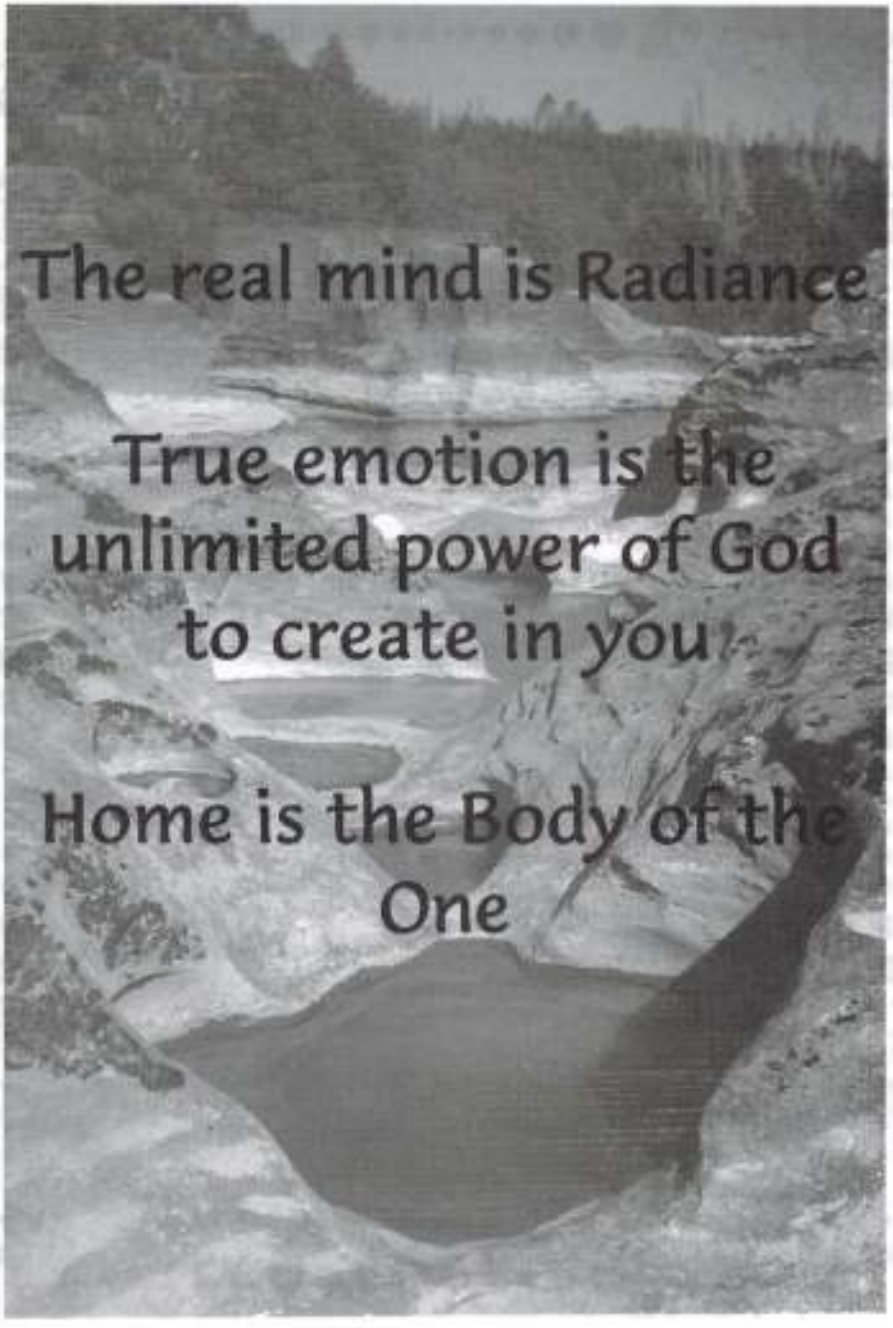
Some Characteristics of a Rainbow Being Include

Self-Responsibility for the content of their creation, leading to the fulfillment of Self-Mastery, which includes the ability to remain totally in the radiant activity of their God Self at all times.

The surrender of the veil between the outer and the inner self into the empowered fulfillment of the Universal Will, through the unique expression of their Rainbow Being.

Perfecting the Perfection, through Love and Harmony with the One, thus existing in the Body of the One.

Every Realized Master in the Family of Oneness is a Rainbow Being.


The real mind is Radiance
True emotion is the unlimited power of God to create in you
Home is the Body of the One

Chapter Nineteen

STELLAR KARMAS

The play of Light and Dark
cast amongst the stars

Our individual and collective resistance, ignorance and limited desires play through many levels of creation. To see is victory. To see the light is one thing. To see the darkness is quite an art.

Beautiful to see from the blackness of outer space, our wonderful earth is host to a grand blending of wisdom cultured in dozens of solar systems, each with their unique and different approaches to the infinitude we call life.

While we all have bodies that are more or less alike and we do not carry around neon signs saying, "I have spent many lifetimes in this star system or that;" nevertheless, our subtle bodies and thoughts reflect attributes of the various stellar systems that each of us have called home.

These attributes continue to shape our approach to life here on earth. Some are great wisdoms awaiting the opportunity to blossom in a new environment. Some are incompletions or struggles not yet completed.

As you grow in your subtle awakening, it is inevitable that you will more or less become aware of yourself in the stars. Wherever you have been in any life, a part of you still lives in that place. Some of us have quite a bit of ourselves still living in the stars, awaiting the awakening in which we bring all of ourselves under the grand command of our Central Flame – I AM.

This awareness becomes more apparent when the energy is awakened from the throat center and above. Our physical body is the visible extension of a body that includes many levels of subtle participation. The fifth dimension, as focused through the throat chakra, houses the inner worlds of our desires let loose upon a dreamlike fabric of creation. In these realms, our desires reach out and form alliances. We talk to others and try to create the subtle presence of what we want as reality. This is often done in ignorance of our higher self and the way of the Oneness.

Entering deeply into the "core" reasons that lie behind the peculiarities of our creations and seeing them from a point of self-creation, we begin to awaken to our image of light above the head and ground that consciousness into the body as its spirit presence.

The subtle reasons keeping you in separation live and persist on the pathway of integrating your image from above the head into the cells of the body. Thus, to achieve that union, the self-created resistance and incomplete images that live on that pathway must be seen and evolved.

Both ends of the candle need to be well acquainted with the flame of your fire. The body and its subtle centers are purified and elevated so as to become more responsive to your higher light. From the other end of the candle, you must sense your presence above the head and gain familiarity with it.

Without evolving beyond the pulls of unenlightened activity based in the lower realms of awareness, the self-styled impulses of the lower centers simply extend themselves to requalify whatever you attempt to bring forth from above as subtle variations of the same themes. This insistence of unclear energy creates blockages to see the subtle roots of any issues present – issues that would otherwise be noticed and overcome in the process of waking up in your Self-Radiant Light.

As an example, the sexual currents must be purified of the gross pulls before these currents are felt as originating from within your Soul. Until this occurs there are some basic initiations of the inner tantras that cannot occur. To do this requires emotional healing, for the pulls of unfulfilled relationship create a constant outward pull that prohibits this vital step. This cannot be faked, rather this healing must be embraced honestly into a higher step. The only way that any emotional issue can ever find completion is through the strengthening of your own completeness, i.e., radiating the light from within you as you, rather than drawing it from or finding it in others.

Easy to say in theory, but in practice it means rewiring connections that you may not even know existed. It requires penetration, voltage, vulnerability, surrender and a grit that just keeps on going, looking to the light within as your salvation. That is why meditation, decrees, dynamic techniques and all the skillful means and tools of yogic wisdom are of great help.

You can do all these techniques until you are blue in the face, or sparkling with energy, still it is not enough if you do not reach up and say, "This body is cleaner, more responsive; now I am going to really feel myself from above, in the Oneness and feel myself as this perfect radiance, incarnate." There has to be a steady determination that can relax and be natural, yet remain alert and mindful to the process.

Clearing karmas from the subtle body and the realms above the head is a highly personalized affair. From the inner view of your stellar journeys, which this chapter is addressing, the stars orbit around you forming a mandala of activity.

Visualization

- Sit with spine straight. Slow the breath, inhaling the breath up the spine, exhaling down both sides of the spine for five minutes or longer.

- Activate the subtle body so it is felt as a 360 degree mandala of energy awareness. Take time to feel the central core of your body. Feel the fullness, awareness and degree of inner sight of the areas to each side, behind, in front, below, above you; the angles between these directions of the compass; and all the spaces far and near, inner and outer. Each direction or area of the body represents some aspect of your consciousness and the world in which you live.

- Meditate on this mandala. Find any areas that are weak or unconscious, filling it out with radiant energy awareness and the constantly flowing presence of your central flame – I AM. Use the breath to give extra energy. Penetrate into and through any difficulties with decrees such as, *"I AM clarity"* and *"I AM the willingness to see and be."*

The fullness of your presence in the body is important, particularly in the energy symmetry around the body, because this allows you to more fully feel the light from above. The symmetry of the body's energy field acts like a funnel to channel the higher awareness into your physical consciousness.

Awakening knowledge of the star cultures is necessary to see the stage upon which you have chosen your journey and play forth your expressions. It is part of the awakening vision which penetrates to the causative source of various scenarios that act as pivotal points in your chosen disposition and journey.

When consciousness reaches above the head and desires to see, the hallmarks and temples of the various star systems can become as familiar as the various places in your home town.

Before this type of inner work can begin, in clarity, it is vital that you have created a strong foundation with your I AM Presence as the anchor of your personality and attention. A meditative peace and fitness has to be yours. An open mind with discrimination is cultured with a perspective that is vast and yet exact. When you are anchored from the infinite effortless eternal matter-of-fact Presence, then you can blend onto infinity, encompassing and embodying vast domains with no danger that you will still not be You! The outer self does not own your Light. You can see a monster and feel your purity radiating in the middle of it, knowing that the Light of God never fails!

When you become as the ocean, storm waves and a few whales swimming about do not make you think that the world has just been invaded by aliens, or that you have the answer to all of humanity in your contact with extraterrestrials, or that this earth is in danger of being invaded, or that just because a being comes from another planet they must know it all, or the 1,001 other ignorances that float about from someone's brief inner experience. This is like someone who thinks they know all about tribal lifestyle after watching a cowboy and Indian movie.

It is all about you! You, me and all the rest of humanity are the extraterrestrials, who in our countless eons of wandering and living in the stars have come to yet another star with a planet – our Earth.

Remembering our forgotten past automatically happens when the Light is turned on in the room, as all the pictures hanging on the walls can then be seen. Yet you must still walk through the door and into the bigger room of the next step awaiting you – your freedom into knowing yourself beyond all the stars, their planets, peoples and experiences – freedom into the Eternal source of it all, individualized, as a Creator, which is You!

Can you accept that the stars themselves, the planets, the space in which it all exists, came about through an individualization of God?, the Big Bang! – or shall we say, the big shout of Bliss – I AM! You have this power. It is without limit, if you can identify with it to that degree in your decree! The power of your Presence to create is the Power of the Oneness that Is everywhere, yet it can be more – the more that you bring forth as an active Presence within the Oneness, I AM.

Whenever you forget your Self-Radiant Power, giving it away in a limited identification of yourself as just some outer qualification – such as the mundane finality of life being miserable if you do not make the deadline at your job – you have lost the creative possibility of a Higher way.

I have found that by entering into the feeling of Self-radiance, of God-given Individuality, through a meditative, pure and firmly held focus of attention into the inner elevation of my Presence, the doorways of Oneness open wide. In that experience, we have the unlimited wisdom and energy of the universe standing behind us. Every thought that one desires to bring forth into creation automatically receives feedback from other entities of the Oneness. Thus, simply by remaining aware of our own Presence as existing in the Oneness we gain all the wisdom necessary to bring forth enlightened creation.

The subtle demands and finalities of unenlightened activities trying to assert their rule is something that we must all overcome, by evolving to a more creative and free way that is the outpouring of our higher self, in concert with the Oneness. It is the wisdom that says, *"Is there a better way? What is the best for all concerned? What are the real values of life? Am I contained in the inner beauty of my own being, such that I do not need to get upset by outer discords?"*

The discords in life, the corruption, the power plays, the covert acts, the unenlightened ways go deeper than many understand. Why else are they so persistently played again and again in countless millennia of our humanity – war after war, struggle after struggle, conflict after conflict? We must awaken to the deep movement of our being and awaken to the Light that we each carry, which we each are, which can Liberate us from this type of interaction forever.

You have a presence, more or less developed in every realm of life, from the most subtle and expansive to the density of our physical earth, your physical body cannot exist otherwise. Understand that your body is not a physical machine that can be replicated with mechanical parts. It is a tremendously fine fabric of Living Light, of living experience, in which subtle parts of you are interacting all the time beyond the normal confines of time and distance. Awaken – see for yourself!

An Initiating Experience

Having just completed a two and one-half hour morning meditation sitting on a mattress in the backyard of a house in Los Angeles, the vision of a close friend formed vividly before my mind's eye. I was inwardly chanting to Guru Ram Das[24] and he appeared in essence and together we began to pull forth an energy from the aura of my friend. To my surprise, an old lady about three feet in height, formed of a whitish transparent light, appeared to the side and above her head. As this entity was being drawn out of her energy embodiment, it desperately wanted to go back into my friend. We held this entity at bay and created the severance. I was shown by Guru Ram Das that this entity was of the lizard energy which helped my friend draw upon the energy of wrath when she needed to protect herself. All this was new for me.



Later that day I met my friend for lunch and shopping. I shared my experience. She said at the time she had been taking a nap after her morning practice and woke up feeling very exhilarated and surprised to see a small lizard on her pillow. While she was feeling happy and remarked that whatever had happened was something good, in truth, she was not ready to release this energy yet. Several days later I felt it reenter her and I then received the psychic kickback. However, I was grateful for this initiation which started to open my eyes to this type of subtle underplay.

[24] Guru Ram Das lived in Northern India in the 1500's as part of the lineage of the ten Sikh Gurus. The Sikh Guru preceding him saw him selling candy in the streets as an orphan boy, and had him brought before him. The boy thought maybe he had done something wrong, and was expecting to be reprimanded. Instead he was hailed by his predecessor as the next spiritual and sovereign leader of the Sikhs. While a Yogi of great depth, Guru Ram Das was known for his humility, at times disguising himself and washing the feet of those who came to see him. His previous incarnations included Moses, Quetzacoatl, the Merlin preceding the well known Merlin of Camelot, and Saint Francis. He has incarnated a number of times as an influential purity in the Tibetan Buddhist Dharma. He fully Ascended in a later incarnation with the name of Koothumi Lal Singh, and is known as the Lord of the Gold Ray.

I have since seen this and other fifth-dimensional energies many times, even to the point of physical manifestation. I must emphasize that it was first necessary to establish a deep relationship with mySelf, through meditative practices and the Grace received through the willingness to grow. In this foundation nothing much in the way of phenomena is happening, rather a deep, content centering within.

Shortly after that experience I found an obscure book in a bookstore that talked about a tribe in the Amazon and their relationship to the lizard energy. It paralleled my own experience. In the decade since that initial experience I have gained a much greater understanding of the subtle fourth and fifth-dimensional aspects working themselves out on the earth. What follows is only a small part of this understanding, which in itself is only a piece of the play. I do not give it much attention anymore, except that I am not ignorant of the undercurrents at play. The perfection and possibility of our innermost creative Presence is vastly more exciting to me.

Examples of Fifth Dimensional Manipulation

In the Upper Amazon there exists a tribe of people who think of themselves as the only *real* people.[25] They possess an oral Scripture which contains their history, starting with an account of creation and containing events of importance, inspiration, or example of conduct. There are three versions, one of which is sung and talked about in daily activity; the two others are secret. They are used ritually, with the whole Scripture being sung or chanted in the course of a dance which takes several days. Many of the sounds have no literal translation, yet serve a purpose of mantramically creating a vibration that is collectively picked up on by the group and used as a focus to enhance telepathic resonance and transmission. Thus they are in truth secret, because they contain aspects that are inwardly communicated in a way that words fail.

[25] In a western way of thinking this would seem rather arrogant. However understood from a different perspective, it simply refers to being aware of a more subtle existence together as a community, to which most people are asleep. In this light, such a statement makes no claims of exclusivity.

In this Scripture is an account of how mankind formed an alliance with a particular fifth-dimensional energy, which is amazingly accurate. In brief, the story goes:

> A beautiful woman, who represented mankind, was having difficulties and withdrew to heaven, where she was burnt in a fire as a form of purification. After this she could not be coaxed to return to the earth plane. Man, who was incarnated on the planet representing the masculine power and the drive of spirit in its plan upon the lower planes, was very unhappy and lonely. He prayed and sang, but to no avail. He asked for help and every creature went to heaven and tried to coax the beautiful Goddess back to earth, but she refused and they all came back sad and defeated. Finally the Lizard tried. The feminine spirit saw that the lizard, being full of fire, would give her the wrath and protection for her to come back to earth as a "woman." So she agreed and as a reward to the lizard she split into two bodies, one a woman, the other a lizard. Each married a man. The offspring of one was human and the other was half lizard, half human.

The lizard is an energy which in its consciousness exists in the fifth-dimensional realms, where it has gained a certain manipulative mastery of subtle form. It has an entirely different evolutionary path than the human spirit; not knowing itself beyond form, it exists in a world of separation. It enjoys the raw feeling of power and brings wrath, fire, allurement and can be very seductive to those without the eyes to see.

The alliance mentioned above occurred quite some time ago in the jungles of South America. It has helped mankind for a period of time.

To become Christed, we must first know ourselves from beyond the world of form and be free of its seduction. The lizard energy does not want this, as it would no longer be able to exert its drama into this world through its human alliance. Thus it fiercely resists those who move beyond the fifth dimension, yet once a person has done so, they are beyond its influence, because they have cleansed themselves of their own similar aspects and are beyond the touch of manipulative entities gaining a hold in the subtle body.

Many of the animal species on our planet are much more conscious and active on the fourth and fifth dimensions than in the physical. Having traveled in the subtle body from other planets, the particular animal form

and consciousness embodied is reflective of how that entity's innate qualities penetrate into the physical and subtle dimensions of our planet. For example, to see the cat lords as they exist on many planets in our galaxy would definitely bring forth the experience of a highly advanced intelligent being far beyond what people would think a cat to be.

It is a common observation that the animal species do not display the same level of individualization on our planet as do humans. On earth, humans have brought their soul much deeper into the physical and thus into individualization. Again, the doorway to awakening within the Oneness is found through the intensification of the Individual and bringing forth that intensification into the fire of purity.

Although lacking the same degree of individualization in the physical realms, the animal species are often more attuned to their collective oversouls and a group consciousness. The consciousness of many of the animal species lies more strongly in the subtle realms just preceding the physical. This attunement, however, does not imply a self-conscious awakening into the Oneness, nor can it reflect the wisdom gained from a fuller descension and awakening into physicality.

In fact, for some of the animal forms, the physical body acts mostly as an anchor to keep their soul on the earth.

There are hundreds of different fifth-dimensionally-centered life-forms participating in the interplay of activity upon our planet. Some are benevolent; some work in resistance to an awakening mankind. Some of these fifth-dimensionally-based entities include the forms of cats, rats, wasps, sharks, pigs, lizards, alligators, various insects, birds, dogs, horses, etc. On earth, they have not yet evolved their conscious awareness into physical dominion. To grasp this, imagine a human being who is very awake in their subtle body traveling to another planet and incarnating as an ape, because that is the extent of their ability to penetrate their essence into physical form on that planet. The ape does not do full justice to the entity incarnating in it, yet reflects the process of evolving their presence on that planet. This aspect of evolution is on course.

Humankind, existing in a state of disempowerment and seeking power for selfish reasons, has entered into conscious or unconscious alliances with other energies who also do not know themselves beyond fifth-dimensional existence, for the purpose of protection, experience, greed, power and

phenomena. This impure activity has only reinforced the web of separation between spirit up high and body down low.

Many of these alliances occur through a willingness to do anything to obtain a certain result, without regard to integrity. Fanaticism, which blinds us, also keeps us in these relationships.

As most of humanity is not conscious beyond their immediate physical reality, let alone the innate wisdom contained within pure spirit, there is not the consciousness to discriminate the outcome and effects of their alliance with energies which function on fourth and fifth-dimensional existence.

Many of these fifth-dimensional energies are on a totally different phase of evolution, in the process of creating the separation initially necessary to descend and gain the experience of physical reality. They have not yet found Love as displayed through the individual to be the greatest power in the universe.

Humanity, for the most part, has crossed the halfway point and is beginning to integrate its experience into our greater Self, beyond the world of form. It is this crossing of evolutionary paths, one just starting to go up, the other on its way down, that has created this testing ground. We each must know ourselves in a maturity of consciousness so that we may create a playground of the Gods. If we do not know ourselves beyond the form, then there are no "Gods" to create the playground. As we each enter our sovereignty, this earth will be reclaimed as a planet of Light and the beings who wish to continue plays of power will continue on other planets currently in that phase of evolution.

This planet can and does hold a lot. The Mother graces many species with a haven to evolve. The fifth-dimensional alliances of power and manipulation were consciously and purposefully created. Some of the animal evolutions were "captured" and bound within the human psyche in ways that were not right and beyond the natural friendship of humankind and the other species who inhabit this planet. In particular, South America and Egypt were two playgrounds of this scenario.

Some of the beings involved in this did so as a conscious attempt to overtake the earth's innate timing with their own mental framework. Having cut themselves off from the Grace of the mother, by refusing to surrender into her collective Light contained within the core of the planet, they thereby diminished their own psychic capacities of attunement with the earth.

Alliances with the certain fifth-dimensional forms was an attempt to penetrate deeper into the earth and set up their own agenda, an example being many members of the Sirian soul group. The Sirians, through their actions, created doorways for disharmonious aspects of the Orion system and a score of smaller systems. The integration of these soul groups into a harmonious whole has been and is a major challenge of humanity in its growth, from which it will gain a great Light. It is all within us – there are no accidents. The abilities each group brings, along with the difficulties of those groups existing prior to the enlightened harmony, is simply reflective of the mastery needed within each of us to bring forth these qualities.

We must learn who we are as the Divine Light. Then we can be of true benefit to the many forms and approaches in the universe, all of which have a gift to give of their essence and experience. Otherwise, we remain effected by beings who want separation and we will continue to be that percentage of mankind wanting further separative experience.

The human beings who have created these alliances are themselves adept in consciousness through the fifth dimension. However, they have obviously not found themselves in the simple supremacy of Love, originating beyond conditions of form altogether. There are many so-called masters, teachers and people of influence in society who have not yet freed themselves of these subtle tendencies.

The blame cannot be put on the fifth-dimensional existences of any other species. There is no desire on their part to keep mankind in isolation from his greater reality, because that thought can only form in beings who are on the path of reblending. Those who are still in the initial descent to denser form play by a whole different set of rules and concepts.

Humankind itself must take full responsibility for its resistance to grow, as well as for its falls. All of the fifth-dimensional forms upon this planet at this time represent aspects that humanity is still integrating. In fact, we brought many of them onto this planet as aspects of ourselves that we are still evolving. When we have done this, we will have the wisdom and balance necessary to move into and maintain our Christ light. At this point the seed karma of these fifth-dimensional forms will be removed from within the earth. Those who remain will do so in the Light of Oneness.

As an example, suppose you decided to meditate on your cat. You start identifying yourself as a cat to gain access to its abilities. Then you start projecting those tendencies to gain prowess, to hold tight reign over your

territories and to call upon power to defend them. Can you blame the cat when you get trapped into the consequences of your own game? Suppose you went the "whole nine yards" in this exercise, then carried over the tendencies to other lifetimes while forgetting all about the original exercise. You have aligned yourself with and bound yourself into the collective psyche of the cat energy in a subtle way, manipulating it to your own ends. This is far different than just friendship, love and caring for a cat.

Most of the power structures presently held on the planet, such as politics, economies and religions, are overshadowed by beings who manipulate fifth-dimensional abilities for reasons of power. The beings in those structures are, to a greater or lesser degree, conduits through which these energies work. We call the beings who consciously channel these energies fifth-dimensional masters; they are not yet serving the Oneness of the Christ Light.

Many of these fifth-dimensional masters, having become fluent in those subtle realms, use this power to flaunt their own charisma and to keep control of their domains. Not all of these beings have gained their prowess through alliances with animalistic realms. Many people bring these tendencies from other cultures existing on other planets which are also still working out their higher understandings.

These fifth-dimensional masters working through their karmas hold dominance over less conscious souls for a number of reasons, continuing to create the constriction of Love (free energy) on the earth plane. We acknowledge that respect is needed for any order, yet it is time for more souls to awaken in their own I AM Presence. It is time for the Pure of Heart to become conscious in their roles, to serve as the Christ initiates in the office of Oneness, to bring the expressions and teachings of Love and Freedom so urgently required.

As we become Consciously Conscious we must face our limitations, which are all the thoughts binding us in separation. That is when we are willing to see everything about our self-created illusions, unhappiness and struggle, when we take full responsibility for our limited creations.

In going through this process my Twin Ray and I have faced these fifth-dimensional energies and released them from any hold they had on us because of our past alignments with them, releasing ourselves from manifesting their particular qualities. For example, the Lizard energy is the energy of wrath. It has a vicious sting and seems to channel more energy through the feminine

form. This could be because the female energy has taken a seemingly second place on this planet; thus, its avenue of powerful expression has become more covert.

One well known teacher, who impresses some people with silly displays of ash drawn from his hand, consciously drawing upon and anchoring the lizard energy, challenged us because he does not want the Beloveds of the Christ Light to wake up, as he will lose his hold on humanity. While his example can serve as an example of the gross limitations some of these beings have fallen into, there are quite a few more like him.

All this serves the awakening student of the light, in two ways: first, as a reflection of any incompletions inherent within their own framework. Say a person has limiting tendencies, or avoidance of certain arenas. It is likely that that person will connect with a group of people with the same tendencies for the eventual purpose of reflection. If a person is avoiding working with power, their soul may place them in an arena focused on power. The second way that these workings help the student is the pressure they exert upon the student as resistance, which then must be penetrated and pushed back. This not only greatly strengthens the student and challenges their ability to stand in their own light, but even more importantly it stresses the need to find the answer from within the Oneness.

It is my experience that the more I have expanded to include the inner spaces of this planet, to include other planets in our solar system as familiar ground, even the stars, the more it all feels as simply the Self. All the issues, the conflicts, the harmonies, the expanse, the wonder, the Oneness by which I experience myself in all these places without prior conscious thought, it all merges more and more into the simple cozy feeling of Self, glowing within my heart.

It is a quality of the fifth dimension to generate any form suitable. An interesting observation is that the half-dozen beings I have briefly observed (among hundreds worldwide) who claim to be Jesus Christ reincarnated are bringing through an illusion of the lizard energy.

While in Fiji, the lizard energy physically appeared out of thin air, trying to say that I was the Christ; it even formed an image floating in the air of me looking like the historical Christ. A compelling experience for those who cannot discriminate beyond the form! When you can see beyond the form, then the game is up and these energies cannot play on your ignorance. When a person knows themselves in the Oneness, then the joy they feel of

that state is so much more than what could be gained from any of these dramas. A person who claims (it may be true, but that is not the point) to be some figure from the past, to the degree that it interferes with their present awareness, is blocking themselves from becoming who they are in truth. We are all "Gods." Recognize the perfection of each person's path to that realization of God emanating through them as their Eternal Consciousness.

The cat energy, while often benign, also displays possessiveness, jealousy and can be very territorial. This energy was grounded strongly, for example, around the Egyptian pyramids to protect the magic of the priests and priestesses, all necessary within a limited context. If you still hold remnants of these qualities, know that the Cat energy is being grounded and expressed through you. Let go – Love is total allowance. We are here to consciously share whatever comes to us through the grace of the One.

While the cat energy is established in many places, it finds a particularly strong influence through the Pleiadean Cat Lords and the Sagittarian temples. These beings of fifth-dimensional bodies penetrate into the devic realms on the eighth and ninth realms as part of their activity. They have had a significant influence in many areas of spiritual and political development on our earth. They have overseen the development of a council of beings on this planet who ground that energy. The US president Abraham Lincoln was an example of one of its members, although his persona may have not been so aware of it. This council has been aligned to in the subtle by millions of beings. It has channeled voices through mediums such as the state oracles of Tibet and other surrounding countries, as well as such modern day occurrences as Ramtha, Mafu, etc. This energy does or has worked through just about every culture on earth, as well as many different star systems. It is not something outside of us, rather it is a particular way of being.

One of the principle functions of the cat energy has been to protect the priestly energy. In the normal course of affairs these beings are benign and good intentioned, but when their position of power is threatened they often become very manipulative in behavior – far from the atmosphere of the Ascended Masters. Many on this planet have confused some of the cat lords as Ascended Masters.



When we talk of the cat lords and the cat council, for example, understand that these are beings far more evolved in awareness than the average person. However, they are still bound in karmic activity.

Considering that some of these beings are awake in the eight and ninth realms, as demigods, this confusion is understandable to a point. However, the investment in remaining to be seen this way generates a strong resistance to see otherwise. This often results in an attempt to suppress awareness on the eight and ninth realms. A yogi could meditate for decades and, without penetrating and overcoming this resistance being focused above the head, never know what keeps him from his full freedom. It is a silent but invaluable work of the Ascended Host, to bring forth these obstructions into the light, thus returning them to their origin. Cleansing these karmas is necessary to herald forth the new dispensation into which our planet is moving. One of the principle aspects of this new dispensation involves activating greater awareness in the higher realms.

Understand that the Ascended Masters themselves are already beyond the influence of limited energies. However, those in the process of moving towards their Ascension are not. It is the providence of these souls to achieve their full ascension in the course of overcoming this resistance, both in themselves and in the collective hold upon humanity. It is simply the application at hand, the way of service, in which the full victory becomes manifest. Each of the Ascended Masters have in some way done the same in their own application towards Ascension. Each plays their part according to divine providence.

At this time there is a new frequency of a high magnitude being brought onto this planet and as part of the preparation, the earth is being cleared of energies which would try to possess others or try to keep things the way they are. It is similar to purifying your body to be able to hold a higher state of understanding. The bringing to light of the hidden workings of the Cat and Orion councils (among the bigger names) in the ethers and releasing their hold is an event that is shaking this planet to its core, with the sensation of turning it upside down. The only safe place to be is in your I AM Presence.

This working extends not only through the earth's own subtle framework, but upon strings of supportive energy webbed throughout our solar system.

Collectively we are in a window of timing in which this type of subtle resistance to the light is being lifted from its imprint upon the earth. The

Ascended Host and the awakened Kumaras are very active in this work, of which I can speak personally. What cannot be accomplished in this window of timing will be taken up by Mother Earth herself. She will use whatever cataclysm necessary to throw off this restricting energy.

Most of the star systems and planets represented upon our earth have particular issues of power and seduction in the subtle dimensions which continue on this planet. This is the darker side of the potential of many light workers.

Try to understand the essence energy behind an animal form, because that essence can take different forms on different planets, yet still maintain some type of common characteristics. In the fourth and fifth dimensions, form is not so tied to outer appearance; for example, a cat can look more like a human, or anything it wants to.

Often, humankind has called on various fifth-dimensionally-based life-forms to assist in maintaining a certain order of protection and power structures necessary in duality. However, when a soul aligns into the greater power – **LOVE,** where **there are no enemies** – then these alignments are no longer required and one is freed from this limited domain of activity and thought transference.

Seeing the Dark Side

The following may be challenging or difficult for some to accept or understand, none the less it is now time for me to share some of what I know. The experiences shared here began over a decade ago. In the decade following, I have become aware of many more intricacies. This knowledge has only served me, because something of much greater value developed along side it, which is an empowering awareness of the Ever-Expanding Perfection.

To see the subtle ways in which power is used in ignorance can help you to see things about yourself, move through the world intelligently and re-create yourself and world in a higher light. Again, the intention is not to give power to limitation, but to re-create the *structure* of how we hold our attention, that we may remain aware of the Oneness which is everywhere and which is the true power.

The Oneness works on every level of life. For example, take a dream which is revealing some greater wisdom, or in which you are acting in a level of mastery that you did not know you had. As another example, say a friend has had visions of you, yet you know nothing of it. All this and more occurs because of the simple fact of Oneness – the only real doer in the entire universe. The Oneness of your own innate knowingness is able to work through all levels of your being and those of others.

Becoming more conscious, we wake up to our movement within the Oneness. We become aware of our divine self-radiance manifesting through us, aware of that same quality of divine radiance living in all beings. We intuitively know all sorts of things. Yet with all that we may see and do, we can still be in awe at the dream we just had, of what we have just become aware of, for that is the Oneness.

Everything exists side by side on this planet, combined uniquely in each person's reality to form a world unto themselves. No one person or entity is in truth any more powerful than another. Because of various complexities, desires, radiations and blind spots, many do in fact give certain limited appearances much weight or influence in their lives. Freedom is when nothing, absolutely nothing in the universe is recognized as having a greater power than the Truth of Perfection living within each of us. When you attune with the Living Light of your own Higher Presence, you are able to re-create, no matter what the situation, your life in the Ever-Expanding Perfection.

It is no secret that most people's reality includes separation, ignorance and fear covertly reinforced through possessiveness, greed and desire for power, or supported by fear of lack and loss of acceptance. While each person exists in their unique perspective, we do not exist independent of one another; we continually shape and reshape each other along accepted lines of interaction and common viewpoint.

Every thought is a qualification and extension of life-force and has an effect somewhere. Long ago on this planet, power structures were established based on fear and lack of surrender to the greatest good. (It seems they have been around for quite some time!) They were hierarchical and found expression through priestly duties and political arenas. The desire to manipulate and control, as a way of experiencing oneself, brought these souls into alliance with other entities who wanted the same thing.

One of these entities has been given the name *Jehovah* (not meant to be a disrespect for those who call upon Jehovah as a pure name of God). Jehovah is an oversoul of a group of beings who have incarnated upon this planet to continue certain experiences, but never made the commitment to evolve as part of the collective psyche of the planet itself. Jehovah himself has never incarnated upon the planet in a way that has surrendered to the light within it. Jehovah is not a metaphor, but a living individual soul, who has enveloped himself for the time being in a certain field of experience.

I use this particular example because it is of my experience. There are other entities on this planet with similar agendas, in their explorations of power and experience. It was a certain phase of my growth to face this type of being and overcome his psychic influence.

Jehovah is part of the dark force or anti-Christ controlling through people's fear. He is primarily active in the fifth dimension, yet humanity, through its fears and manipulations, has made this entity into the greater power that it is. This entity does not yet know itself in the light of Oneness and thus does not actively exist in this wholeness. When each person realizes themselves and their life in the Oneness they are no longer subject to this entity.

Jehovah first made a strong appearance on earth during Atlantian times and has ruthlessly influenced occurrences on this planet since. He was in alliance with what became the dark priesthood of Atlantis. This continued through the downfall of Atlantis and into subsequent civilizations. I remember him as a king in the outpost of Mesopotamia at the time of the pharaohs, where he was the equivalent of Idi Amin, suppressing the populace with a heavy hand. He engineered the decline of Africa half a millennia ago by interfering with the customs and shamanic rights of various tribes, introducing perverted thoughts and destructive activities. He worked covertly with Hitler during World War Two. Jehovah helped bring about the Chinese invasion of Tibet unnoticed by most of the world, playing upon an uneasiness between different soul groups in China and Tibet. He has had a strong presence in the middle east, grounded primarily through underground oil fields and fanatical leadership. He works or has worked through certain classified projects at research institutions in a number of countries. He works through all sorts of religious organizations that put the fear of God in their followers, either directly or covertly. He increases disempowered stances through support of drug activity, as well as mainstream companies such as some of the soft drink companies. He encourages pollution of ground water

and dispersion of radioactive pollution as ways of weakening the integrity of the earth's energy systems, that his influence may more easily penetrate into the earth's psychic structure. Jehovah is a master of diversion, which he uses to manipulate emotion to divert attention away from certain events occurring right under people's noses. This is only a sampling of his involvement in world affairs, learned and seen through inner observation.

Yet this entity and others like him are given their power by each of humanity who chooses to maintain their fears and destructive tendencies, manifest through lack of Self-realization. It should be clear that Jehovah is not the source of people's fear, rather in their fear and other negative emotions, they resonate with and draw into their psychic field entities such as Jehovah.

As I have in various lifetimes directly opposed the activities of this energy, I am qualified to say something about it. Through auspicious circumstances in 1984, I again became directly aware of this entity, its power and scope. It was very difficult for me to speak and I felt a constriction trying to shut down my throat chakra, as it did not want me becoming conscious of it. I also experienced a challenge to keep the subtle energy around the top right side of my head open. I saw its power in people's unwillingness to look at what is in front of them.

While I was able to see the fifth-dimensional aspects quickly, it took nearly a decade to understand the way this type of expression draws support through the more subtle dimensions. In 1985, after having consciously glimpsed what I call the tenth realm, a place of great Oneness, I gained greater insight into the workings of the so-called dark force. The dark force activity gains its force when a yogi, in the process of clothing their spirit in an image of wakefulness, projects the limitations of their outer personality as being in charge of that image.

Jehovah is a soul who pushed himself into a subtle awareness which he was not ready to carry. He is one of the fallen angels coming through the Sagittarian, Sirian and Orion systems. Entering certain spheres of Oneness, he expressed great judgment at the limitations still being played out by various beings. Not being able to sit still in the Perfection, he automatically took on the limitations he judged, thereby qualifying that which he judged into his own image. He has greatly resisted his feminine side, with the obvious ramifications of such a stance.

Jehovah's style is a combination of push, push, push, particularly manipulating the pink, red and gold rays. This is combined with a charismatic and artful way of diverting the attention or awareness to his plans. He brings forth a subtle field which plays upon doubt, which encourages the mind to wander in "what if" scenarios and silly daydream like escapades that would not be your highest creation of perfection. No one can heal Jehovah, only themselves. Jehovah himself is playing this experience to the hilt for his own reasons.

Jehovah is increasing his fury at this time, because he is losing his grip in certain arenas. In fact, as of 1995, he has definitely lost it, yet certain situations will still play out. He loves to be worshipped; however, many no longer wish to give blind obedience this way.

After the death of Jesus Christ, Jehovah became a strong force shaping the Christian church through the priests, to hold power over people. **This does not mean that great saints have not come through the Christian Church,** but they did not have the ability to transform the darker side of the church. An example of a person overshadowed by the energy of Jehovah would be the leader of the recent cult in Waco, Texas, who set himself up as a prophet and led his group into an armed standoff with the police, resulting in the death of many people. While this is a rather blatant example, this energy also works in subtle, frequently unseen ways.

If humanity is to survive and evolve, then the activities of Jehovah will have to be faced by each one of us and overcome from within. This must be faced as our own fears, our own hatreds and our own insecurities, our own naiveties and any part of us that manipulates others through a lack of trust. As this is done, government, social and religious structures will no longer be venues to perpetuate this energy. This is not what the energy of Jehovah and his consorts want.

This battle, occurring primarily in the subtle dimensions, touches the lives of people violently wherever it is fed with fear, hatred, or greed. It continues its subtle undermining activities through human negative emotion, whether hidden or obvious.

Yet this same being has also brought significant blessings upon various people at times, as an activating principle. It has been my challenge to walk, albeit in my naivety, hand in hand with this energy at times, to learn from it, to see what I needed to see, to bless it and to learn that no one but myself

is ultimately responsible for maintaining the sharpness of my spiritual guard. Your guard is your protection, which is the sincerity, the purity, in which you keep the alignment to your own higher self and the desire for the highest good for all. It is that part of yourself which does not go to sleep at night until you know that you have set the energy right. It is that part of yourself that does not step one foot forward without the confident sense that all is properly aligned within.

In my aspect as a spiritual warrior and my healing as a warrior, my meeting with Jehovah helped reshape my understanding of a spiritual warrior and the sovereign right of each individual to create his or her world. Here I met a disruptive force which I could not dissolve, remove, outwardly shield against, ignore or kill. Here was a being who manifested Dr. Jeckyll and Mr. Hyde simultaneously, giving me all the clues, yet hiding the fact that both are the same being. Here was a being seemingly as powerful as the Masters of Light. I quickly learned that I only give it power through not being in touch enough with my Higher Self, which has ultimate command over all realms of existence. The only way to overcome these energies was by healing my own limitations, including developing awareness on all the rays of my soul. It was thus my karma, my providence, an important part of my life, to see clearly what all this was about and regain my own fullness.

Until we fully accept our own power within and of the Oneness, these limited beings will have a disruptive power to some degree in our lives. To overcome this disruptive power, a healing and purification must occur in your subtle body through your application of appropriate decree in the creative activity of your meditative penetration within. I now see Jehovah as a friend, not an enemy, because he forces people to find themselves in greater ways. This entity, for all its destructiveness, has done much to propel spiritual growth on this planet. It is providing a testing ground for many and gives a sink or swim push.

This testing ground is shaped to each person's particular weaknesses and characteristics. Each person must face Jehovah. Each must face their own fear and find the power of Love, which is victorious and non-dual in nature.



Spiritual Guides

There are those who, having developed in certain subtle areas, lead others on the spiritual path, while far, far from the pure understanding of Oneness and the Awakened Masters. It is a grand experience for all involved and experience helps us all grow.

How can you know who is qualified to guide? Simple; **you must do the work yourself, not rely on others.** Each soul can recognize the purity of light in another only to the extent they recognize it in themselves.

The Perfection called Life is indeed Perfect, each soul serving another through the courage to go forth in their experience. This stimulates and draws out others into their own experience. It brings people of like mind together for a collective adventure.

In the process of self-purification, the initiate sometimes mistakenly projects their own experiences as saving the planet, when in truth they are simply saving themselves. That, however, is exactly what is truly needed for this planet (saving ourselves). The lack of perspective disappears, once the ocean is seen. The person involved often has a good laugh in hindsight, but take themselves with so much seriousness during the process.

When you see the massive initiations and movements of energy, done by the Ascended Masters for the service of mankind, that have to be repeated countless times to make even a dent in the calcified consciousness of mankind, then you will understand that each must become responsive to the Light and clear themselves before they are able to gain a more instantaneous benefit of the radiance continually being poured out from the higher realms. There is no short cut in doing the inner work.

Each, as they truly approach their Ascension and unite with the Beloved Twin Ray, will do inner works that are of significant planetary importance, affecting many, many souls. However, this is all kept in perspective as their application and means of growth towards accepting the power of the Light and seeing it at work. When the outer discord is purified and the Oneness recognized as the intelligence of all that is done, combined with the providence of each soul involved, Perfection will be felt with great Joy and Victory. The Glory is of the One!

There is no pity or sympathy for those who have fallen from purity of the Light. Love and compassion – yes! – but not sympathy, which simply reinforces a lower state of consciousness, as if to make it desirable. When a being comes close to the gates of Victory, **they must understand for themselves** all the intricacies and where the Power really lies. Understand what Victory is. It is the end of all unenlightened activity. **Victory means you have gained the wisdom and penetrating insight so that never again will you create yourself in bindings of ignorance and hurtful feelings.**

Time is birthed of Eternity in which each creates for themselves their path and timing towards Mastery. No one, not even an Ascended Master, can claim the Victory for which we each must apply ourselves and earn!

Each culture and land has brought forth its spiritual participation and gift. America is in the process of bringing forth its promised present to the world. While we are still obviously in the throes of finding it, I believe it to be the great empowerment of the individual who knows the Oneness and can say, "I AM." The previous ways of Guru-Disciple relationship were meant to be a way of the inner movement. But the old model had some sticky points which has, again and again, harbored distortions.

The following experience occurring during the dream state illustrates:

I was in Hawaii and walked into the house of a lady who was a student of one of the Ek lineage masters, which is a following based on the inner attunement to a so-called perfect guru heading a lineage and who is, in theory, at one with the heart perfection of all beings. The student focuses on the inner light and sound until they see the image of their guru, then follow the radiations, sight and feeling of that inner image to a greater affinity with it, thereby uplifting their own consciousness to a greater sphere of reality and awareness. I looked at this lady's aura and saw the Ek master floating in it. She was telling me about how she could see his form and light within her. I said to her that it was not his light but her own, which she has qualified in his image. Subtly the Ek master had great resistance to me saying this but there was nothing he could do about it, since it was the truth. I then told her I would prove it. I took command over the various ethers of energy around and above her, even levitating my body in the process. I placed my own image in the ethers into a radiant form in the middle of her head, visible to

her inner vision, so she could see it. At the same time I held this other being at bay. I then said to her, it is still **your light** upon which I have simply qualified my image.

The Ek Master laying claim to be the origination of her inner light has a very basic untruth to it and can never be corrected by any degree of goodwill or other teachings. Enlightened teachings will emphasize the Oneness and the individual on the same breath.

Later that same night in the dream plane, a number of people in their confusion were chasing me, also a being known as Mafu, who is one of the Cat lords from Pleiades. We were on the second level of a five-story building and he said, "Let's go up to the roof on the fifth story." I said, "Okay," and when we got there he started stomping around, as is his fun-loving, boisterous style. I said, "Shouldn't we be quiet, as they will hear us up here?" and he replied "Nay, they will simply think that the sound is the gods making thunder," and kept on stomping around having a fun time. Then I went over to a corner of the roof and the Maha Chohan, in a silver effervescence, came floating towards us in the sky. He gave us his blessings and floated down towards the sea. It was an incredibly beautiful sight.

This dream experience illustrates an important reality, which is that we each are our own light and must come into that self-knowingness and mastery. No one can do it for you, not an Ascended Master, not a guru, teacher, guide, friend, not anyone. However, wise council and a true guide can be of great assistance, to the degree that you do the inner work yourself.

Another frequently heard scenario is that people find themselves in a place of difficulty, perhaps involving years of work towards a project they initiated. Invariably they ask, "But what of the guidance I received?" We hear stories of how various Ascended Masters have guided them to do certain works or service in the world, yet all they find is trouble. What is not understood is that the **Masters will guide you into your karmas, not away from them.** It is up to you to do the work, to become free and clear, for this is your freedom and mastery.

The Art of Manipulation

Black tantra is the conscious manipulation of energy and emotions towards any end that is not for the Highest good.

While the conscious study of black tantra through yogic practice is rare (but not unknown), less signposted examples abound everywhere. Surrounding an accomplice in a field of light, but holding a judgmental picture of that person, is perhaps an unintended form of psychic attack, for it would be natural for that person to reject the incoming energy, only reinforcing the original projected picture. Using the light of yourself or another being to reinforce separate existence is a causative source of pain and continued karma. Yet this is precisely what many souls need, as they wish to further explore the domain of separate existence.

A fallen angel is a being who has activated their awareness in subtle realms and can move around in those realms as a conscious presence, yet has not created their alignment to the highest good. In all such cases, the purity of the blue ray is absent. A fallen angel depends on ignorance, for as soon as the facade is penetrated, whatever resistance the fallen angel has towards some area of growth is reflected back to them and he or she can no longer be a hidden force.

Such a being has gone to the doorway of non-dualistic light, without the experience and purity to originate the wisdom of non-judgment. So upon entering these higher realms, some of the activities of "others" or "yourself" are observed and judged. Upon formation of this judgment you *become* those observations (in the higher realms, very rapidly), for the purpose of evolution or release of that thought-form which was judged.

Such a being is in a quandary in knowing how to use the light and the nature of inner consciousness, yet because of the need for further limited experience, there are strong pulls to qualify one's presence as other than the outpouring of the higher self. The magnetic pulls of incompletion force participation in particular scenarios until their inner resolution is achieved.

Some of these beings do consciously take up subtle practices and create devious alignments with others for the express purpose of manipulating an energy field for their impure desires or for feeling the sensation of power. This generation of spiritual ego is a very tricky mess to defuse, yet it is the

"hard knocks" and pain of experience along with the providence of time and the Love of God which will eventually do just this.

A distortion of the nature of the Oneness has occurred within the fallen angels; such beings act in this distortion, initially through a genuine motivation to set things up in the way they think best, overriding the patient and time-consuming process of Nature. In this way, the Perfection of Love gets confused with the quest for power and exhilaration to fulfill what one *thinks* Love gives them the power to do. This distortion of Love becomes a self-created barrier to the creative ease inherent in the universe, setting up arenas of struggle to exercise the mind.

The conscious and unconscious carriers of the dark force frequently consist of the priestly class and beings who subtly create and enforce stances of separation. As a point of clarification, the priestly class refers to anyone, including politicians, military and business people, *who from the point of ego* reinforce themselves as the indispensable and necessary avenue of success for any endeavor of growth. By bringing egotism into spirituality they distort it and then present it as the enlightened way. To further reinforce this apparent reality, the priests hold tight to the outer forms, creating a domination of power and display of apparent control. Many souls play in the camps of these various entities to provide experience in finding themselves and for the purification of certain deeply-rooted thought forms.

However grotesque the world may at times appear, in truth there is no dark force, there are only the elements of the universe finding themselves.

At this time of accelerated growth we are witnessing a number of internationally-known teachers in deep karmic scenarios, all being given the opportunity to set themselves free. Each of these teachers is responding exactly according to what they value most. It is often very difficult for them to give up "name and fame," and their struggle is great. Time will tell for each one of us where we stand in the purity of the I AM Presence!

A number of soul groups existing in separation, upon their first entry into this solar system, set up particular support networks in which to draw upon subtle energies and anchor particular activities. Many of these energy vortices were designed to override the natural outpouring of energy already present in our system. As our earth and other planets of the solar system awaken, these places are discovered and the energy returned to the natural resonance for our system. A number of the so-called dark priests or magicians on our planet have, in some lives consciously and others unconsciously,

drawn on these places as a source of power. There is thus a great investment by these beings in keeping things the way they are. For example, there is a point in interplanetary space far above Jupiter called the "*kont*" point. It is anchored by a temple of the light on the surface of Jupiter; this temple is relatively dormant at the moment. A council of beings from Orion precipitated an ethereal image at the kont point in interplanetary space, to qualify the energy and use it to anchor certain activities on the earth.

The kont energy was known, for example, by a number of the Tibetan Buddhist practitioners and used to help establish certain siddhic abilities. A similar point called "*voot*" exists on Mars. These places are used to anchor qualifications of energetic outpouring on the earth. Unfortunately, a number of beings established in limited scenarios, yet fluent in arenas of subtle manipulation, have projected their energies from these points and through the earth's subtle grid to hold particular areas of the earth in the psychic aura that they desire. The energy of these places under the earth wants to move and circulate, yet is being held back. As this hold is released and the energy from these anchoring points in space returned to its higher purpose (which is happening), these psychic interferences in the subtle field are removed and the new energies can be grounded more strongly. This relieves a tremendous pressure on the earth and its peoples. The earth is not a static ball of rock, rather, it is constantly circulating and changing; as part of this, so do the energy structures upon its surface. Temple sights of the past are being moved to new locations for the future.

Until a soul releases itself from the subtle karmas associated with drawing on energy from places like the kont point, or with their self-created distortions, they will not be able to fully stand in their own I AM Presence. Nor will they be able to purify the inner voice and distinguish between an Ascended Master and a highly evolved being such as one of the Cat Lords, who is still wrapped up in eighth and ninth-level distortions.

The worst example of black magic is the activity of a soul who applies and develops themselves through inner disciplines for the sake of power and manipulative ability over others. This is often covered over by the charisma generated from the practices and the intricate complexities and mix of every human being. Having personally seen this type of activity consciously done by beings who outwardly were given much stature, I know that it exists. However, it has no more power than you give it to effect you or anyone else.

Intense inner practice consumes the outer identity as wood in a fire and there comes a point where the practitioner has nothing left but their own sense of separation to feed to the fire. This is a death; make no mistake about it, it is a death. Many are afraid of death, unwilling to go into the unknown, so in order to feed the fire they create toxins in the body, they create scenarios needing to be purified, they create fuel for the inner fire however they can, to avoid being fully consumed in the fire and surrendering to the Mother. Such a soul is not evil, for there is in truth no such thing. They are simply afraid. They will in time make the jump – in the interim process invaluable experience is gained.

To repeat, black tantra is any outlook or application of awareness, subtle or gross, which desires an outcome or experience that is knowingly not in alignment with your higher Truth. Such a stance refuses or does not desire to surrender itself into the highest universal experience of Oneness. In short, it is manipulation of the Light for self-centered or evasive purposes. We are our own creators, judges, jury and liberators.

Why does a soul embark upon the path of manipulation, of casting aside universal love and its inherent wisdom? If you reflect that God, Oneness, Perfection, All that Is, finds expression through You, and that the fruit of all understanding is that You are this expression of God, then perhaps it is evident that you are the Application of whatever is created. The Soul is simply the Qualifying Power of the cosmic mind. A strongly developed sense of "I" is necessary for creation. Manipulative, selfish, hurtful, ignorant, deceitful, clever, arrogant, dominating and evasive skills of individual aggrandizement all serve to help a soul feel itself as "I" in its own unique way. Furthermore, the effort to overcome all these self-created energies of limitation serves not only to purify oneself, but ignites a true, burning desire for a soul to return to the sense of wholeness it once knew, only this time awakened to its Self much more.

These understandings are revealed because, if used in the right context, they help set a soul at peace. You may gain a new start right where you are, by acknowledging the ever-expanding perfection as the ruling sense of life.

You get there by being there. "I AM that I AM."
There is no other way.

Time to Stand in Love

Previously I have remained mostly silent in this knowledge, because I did not want to draw attention to an outer focus of what is in truth each person's self-created dilemmas. Standing forth in Love and Wisdom, we must come into a deep alignment with each other if we desire true harmony and enlightened community. It is no use creating a surface alignment, when hidden currents of trouble still run unseen.

Spiritual growth is Self-Responsibility. This means a commitment to being happy and light, and undergoing the transformative practices to maintain this state.

The function of a spiritual guide is to maintain a strong Light of their Divine Presence and assist their fellow brothers and sisters in whatever capacity they have. A spiritual guide cannot undergo the disciplined and active transformational process of others. Blind worship of a teacher or Guru is no longer appropriate and often interferes with the deeper aspects of the journey to self-realization. It is no longer time to baby-sit on this planet.

However, honest relationship with a mature spiritual guide is an invaluable resource towards the dynamic deepening of Self-Awareness and Mastery. It is beyond measure. The transmission of sacredness, the sharing of the soul in this process of countless intricacies into the simplicity of Oneness, is the heart of the spiritual path. Without surrender of the limited identity into the cosmic identity, how can you find your Self? A teacher is skilled at drawing out this surrender to your own Self, provided you want it. Without some form of surrender, a guide can share little of their richness with you. To enter the inner rooms which your guide has prepared for his or her sharing, you need to surrender the baggage of suffocating limitations.

Without real change, where people choose lightness and happiness over feelings of heaviness, struggle and worry; people will continue to perpetuate their darker side.

This planet is cleansing itself of these limiting energies which endeavor to control the subtle lifelines of the planet.

The cleansing on this planet will happen on such a large scale that no small group of people can or should transmute these energies for the entire planet. The degree of this cleansing is dependent on the number of people who create real change within themselves. Mother Earth will shake off what

is left through disease, storms, acts of nature, etc. The planet is preparing itself for its next stage of evolution and the density of karmas on this planet will have to be completed elsewhere, just as many were originally brought to this planet from elsewhere as a chance to evolve beyond their limitations.

In the course of universal evolution these energies will eventually transcend their pain, judgment and fear to embrace the Oneness of Love.

THE STARS

The following summary is a result of personal experience here on earth and while traveling in the subtle body to various stellar systems and planets. Others may have additional or even different experiences based on their own personal interactions.

We have avoided using living persons and organizations as examples of the various systems. While we (my Beloved and I) are quite knowledgeable on this subject from our inner experience and outer confirmations, and can often see the emotional and mental patterns at work within a short while of meeting someone, we also understand the intricacy of this subject and feel that it would be a disservice to give names of people.

Do not attempt to tie this information in with astrology. There is a saying that a little knowledge is sometimes a dangerous thing. Any time direct experience is replaced by an intellectual correlation, that is an instance of "little" knowledge. In the same course, be careful not to typecast someone tightly in a perceived starry role. Our souls are so vast and varied that you would miss so much of the view each has to offer.

Exercise care in regards to calling forth beings from various stars. In your growth, the experience you need will come forth, as appropriate. It is best to focus on your practices. **Call them forth and remain in your Divine Presence, and the stars will come to you!** In this way everything comes at the right time, and you will have a deep grounding of your own Presence to understand everything in proper perspective.

We have all had experience in many places, relationships, scenarios, cultures. Often a person who is growing will go through phases of their life where the energy of one star-system or planet may become predominant. Then a few years later, another system comes to the fore of their expression.

Eventually we outgrow the limitations of any one system and gain our identity directly from the Flame of our own I Am Presence, free to move amongst the stars as we desire.

The experiences shared, obviously, tend to reflect the issues of each of these systems as they are grounded here on earth. Most of these star systems are forth, fifth and sixth-dimensionally-based societies. The nature of some conflicts brought from the stars to our third-dimensional earth are expressed differently on their home planets in their own dimensional context. In fact, certain distortions are not really seen until they are brought down into physicality.

Earth is a blending station and thus an opportunity for growth. As we come from the different stellar schools we get to see other approaches, to live in different environments and to have reflections from beings of different persuasions who have evolved on different rays of the soul.

Alpha Centuria

Mostly, the Alpha Centurian characteristics are portrayed through a stocky, practical body type. They are often seen in protective roles such as soldiers, security guards, or supportive roles, as in a secretary. Generally of an earthy disposition, they frequently like to work with their hands, building things such as houses, furniture and fixing things. The great outdoors is a wonderful attraction and often is one of the best places to soothe the appreciative soul. All types of sports are an enjoyable activity to many of this disposition.

Most of the Alpha Centurian personalities that we have met display a friendly, people-oriented disposition; however, their relationships and life perspectives often become complicated through distortions on the red ray. This particularly occurs, not through any disinterest in this ray, rather through lack of development on other rays. Without this development such a personality must be careful of falling into righteous battles or entering arenas without the wisdom of discrimination.

Generally, this personality benefits from intimate practices that ground refined awareness deep in the inner currents of the body, such as feeling the space inside the body and breathing through it, kriyas, and passionate relationships involving mutual surrender.

Alpha Centuria is the closest visible star from the Earth and is located about four light years away.

Andromeda Galaxy

Andromeda is the nearest galaxy and contains millions of stars. What follows is but an aspect of such a vast system.

The cat energy, originally springing forth from Andromeda, has permeated many star systems in our own galaxy. Andromeda has a particularly strong influence on the Sirian star system through a group of oversouls known as the Osiris energy. They gained fifth-dimensional incarnation through Sirius and bring forth a high mental development. The Osiris energy is not limited to Sirius.

The Andromeda galaxy has a strong influence on the orange, gold and green rays. The signature of Andromeda is the double helix and the spiral energy. Andromeda offers a strong inspiration to the artistic visionary, helping to bring forth art that stimulates an inner opening. Architecture using geomancy also finds similar assistance from the Andromeda energy.

For the developed soul, who has overcome emotional limitation, Andromeda stimulates the development of the ninth realm above the head. In this awakening, the adept gains the ability of simultaneous higher mental projection and awareness in many places at once. The emotional and mental qualities find union, giving a rich support to the understanding that consciousness is everything.



Antares

Having had lots of experience in this star system, I can write more about it. From our earth Antares is an orange star, however within the Antarean system it looks blue and is called *Rajtuk*. The typical Antarean soul has come to learn from their soul that God is everywhere.

Antares is primarily a fifth and sixth-dimensional culture with a very strong social structure, rather like a large family. The pure Antarean personality is sensitive, of a high mental development and very adept at dancing the formless into form. In fact, dance is a very natural expression in Antares. There is a strong mystical orientation and interest in the use of mantra. This mysticism, however, is very practical and is not used to make anything unobtainable.

Typically, Antareans are tall, thin and of an alert, sensitive nature. Antareans have an intrinsic understanding of how to use power, often doing so through the red and blue rays. There is also a strong gold and orange ray development. Of the many Antareans I have monitored on the inner planes, all of them express an interest in tantra, of all types. The Antareans have an intrinsic understanding of the masculine/feminine balance in form and can be both firm and soft at the same time. It would not occur to an Antarean to think of one sex as superior to the other. This balance does not always find its way to embodiment here on earth.

While subtle pride is an Antarean issue, they basically value the input of everyone and have a deep insight into the complications of duality and the play of the so-called light and dark forces. A typical blind spot for many Antareans is awareness through the back of the head. In particular, many Antareans have been naively caught in subtle karmas of the Lyrian magicians. By spending more time awake in the back of the head (subtly anchored above the head), this weakness can be overcome.

The Antareans make natural leaders and warriors, whose characteristics have incarnated in quite a few generals and leaders of our earth. They generally love sports and can become quite competitive for the fun of it.

Some examples of Antarean personalities on earth would be Guru Gobind Singh of the Sikhs presently known as El Morya, Sri Aurobindo of Pondicherry, Ramakrishna and Sarada Devi, and Mahavatar Babaji including his incarnation of Krishna and his emanation as Padmasambhava.

In the TV series *Star Trek* the Antareans are in small part portrayed as the *Klingons*, showing their close cultural identity, subtle pride, tremendous drive for excellence, mystical interest and their warrior aspect. What is not

shown is their gentleness, tremendous love and extremely high mental development that is not cut off from their feelings.

The Antareans have frequently contributed many skilled *Crystal Dancers* of the ancient civilizations of Lumuria and Atlantis. The Antareans are skilled at working through the higher mental faculties and it is this quality which brings forth excellence and their tenacity. Antareans probably invented the motto, "Never say die."

The Antarean energy, though one of the minor systems in its representation here on earth, has had a big impact on Earth's history. They came to Earth primarily to hold in check the mental manipulation of its energy by other systems already here. In the process of doing so, they have an opportunity to release their own limitations of cultural and subtle pride.

However, the transition of blending the Antarean characteristics onto the earth and other planets of our solar system has not been a smooth one. Many of these beings have become lost in their own power trips in a demonstrative way, or wrapped up in circles in their own mental bodies, disconnected from the simplicity and reason of their soul, essentially disempowered.

The Antarean personality being of a tantric orientation will often be a strong mix with other star systems. The Pleiadean-Antarean mix is wonderful. The Orion-Antarean mix is often very manipulative and power-oriented, yet skillful. The Sirian-Antarean mix, while poetic and overcoming some of the Sirian resistance to discipline, has to be careful not to get caught in further confusion of the already strong Antarean self-righteousness. This mix often takes up collective issues and spearheads their evolvement, an example being Mahatma Gandhi.

The eagle, while found on a number of star systems, has a strong identity to Antares.



Arcturus

The Arcturian energy brings forth a strong presence on the purple, silver and green rays to our planet, placing much emphasis on the freedom and value of the individual. All the rays are well used in the Arcturian system, with perhaps the least emphasize on the blue ray.

There is strong interest in magic and alchemy and one of the forms brought forth from Arcturus is the Transmutational Dragon, such as used by the line of High Priests (Merlins) of the Druids. Arcturus, a fifth and sixth-dimensional star system, acts as one of the gateways of manifestation (along with Pleiades, Antares and Orion) from the higher realms into this part of the Galaxy. The walrus has its roots from Arcturus.

The Arcturian energy on earth has often attempted to push the timing faster than the collective could respond, and in so doing often justified to themselves means that did not fit the end.

The Arcturian energy was very active during the crusades, in power struggles that used the outer situation as pawns to its greater conflicts. Many of the Arcturian personalities today are in hiding – sometimes hiding through shyness and judgments still held from past experiences. Sometimes they are very outspoken but hiding through a mystical perception that maintains a disconnection.

I have also seen a number of Arcturian personalities wrapped up in dogmatic rituals, such as in the Catholic Church, because of their love of ritual itself. The more mature of these personalities break free from the constraints of the outer form and instead embrace the silent magic of the earth itself, without need for outer talk or organization.

There are a number of yogis of Arcturian influence who create strongholds for themselves on the subtle levels, in deep caverns under the earth and in some of the majestic mountains of our world.



The Arcturian magic works through a strong feeling/understanding of the elemental forces and connection to certain spirits of nature. Arcturus has much to offer through the silence, through music and through

holding the space in which higher creation can manifest. The musical sense of creation is a deep memory in the Arcturian psyche and one that is consciously operated by its yogis to bridge the gap of matter and spirit.

One evening, in the dream state a group of beings came and initiated what they called an insight. I lay on my bed and looked at the roof, the furniture, everything in the room, and then the house had a sense of closing in on me. I continued watching it in a meditative state and was particularly aware of the sparkling of light permeating through everything, as everything. I connected into this in a musical sense not of sound, but of essence, as enhanced through the radiation and transference from the presence assisting me and vibrated the physical structure of the room into pure light. Then the physical light-atoms were elevated through this process into another dimension. Part of the roof even became transparent.

The concept of earth and heaven disappears, all is the Oneness, all is God. What is up and down no longer applies, everywhere and everything – the grass, rocks, earth, air, a person, a thought – is all light, different frequencies of light – and the musical score of its atoms resonates from and as the song of creation. Solidity is a thought, space is a thought – it is all simply Us.

Many beings from Arcturus love visualizing and connecting to light. The following meditation introduced to me by Mahavatar Babaji is one of the Arcturian favorites, although not exclusive to that system. See long straight rods of light, one or two inches in diameter, floating about randomly in the space in which you sit. Secure some of the beams of light within or around your body, feeling free to mold them and qualify them with whatever color you desire.

Shamanic practices find a common interest among many Arcturian souls. However, this can be a limitation, as shamanism seldom contains the maturity of understanding necessary for Ascension. I would suggest that the Arcturian personality pay particular attention to the clarity of the energies they bring into their aura, not relying on a subtle pride of transmutative power. A vegetarian diet is strongly recommended.

A wonderful example of a being with a strong Arcturian influence would be Guy Ballard of the United States, who wrote a number of books in the 1930's about his experience with the Ascended Master Saint Germain, who also carries vibrant Arcturian wisdoms. The Maha Chohan is another example of an Ascended Master with strong connections to Arcturus. The Arcturian energies were quite involved in the founding of the United States of America.

Capella

Capella brings forth an interesting expression on the orange, silver and aquamarine rays. It is intense, poetic, idealistic and at times electrical. Van Gogh and Sri Aurobindo both expressed this energy. Capella often brings forth the spiritual revolutionary, who must be careful that unseen pride does not get in the way.

Cassiopeia



On Cassiopeia, the insects, small animals, plants, all interact and telepathically talk, just as we do on earth Cassiopeia has a strong Devic orientation, primarily of the fifth dimension, with a knowingness extending up to the eighth realm above the head. The green ray is very active on Cassiopeia, where life is a tremendous potpourri of different forms playing together.

The strongest limitation of the Cassiopeian energy would be a tendency towards covert communication and activity. Tremendously adept at manifesting what they need, they often sabotage their own manifestations because of issues that they are not willing to look at.

Essasani

Essasani brings forth a strong blending between the Sirian mental development and the Pleiadean emotional freedom, willingness to blend and common sense. Essasani is not visible from our earth, although in stellar distance it is quite close. It can be seen from the Pleiades.

The Essasanian understands very well how geometry creates energy; great architects have come from this influence. They are very inventive and self-motivated, with a positive view on life. Essasani Masters often carry a strong gold ray activity in the ninth chakra, along with a vibrant understanding of the silver ray. The importance of the individual definition in harmony with the collective is well understood; the Essasani yogis are good

at transmitting this empowering stance to others through command of the higher spaces above the head. Examples of Essasani beings of previous embodiment here on Earth would be Swami Muktananda (a mix of Essasani and Orion) and Nicholas Tesla (also of strong Vulcan roots).

Practices giving yogic penetration into the body are an excellent compliment to the Essasanian personality.

Essasani souls offer much to this earth's future and will come forth in greater numbers as more human beings choose peace, light, joy and beautiful environments. We have had strong telepathic contact with a number of incoming souls from Essasani who are very keen to share their mastery and gifts. We have always felt uplifted and benefited by their radiance and pure intentions.

Lyra

As in all my descriptions, I only relate my personal experiences. In regards to Lyra, I am sure there are many other attributes which I have yet to discover.

Lyrian civilization traces much of its roots to the Andromeda galaxy and has had quite an influence in our own galaxy, particularly in the Pleiades and Sagittarius systems. For some time I have been aware of a number of eighth-level magicians who have held a charismatic and at times hypnotic influence over quite a few souls. They work with light and say all the right things, yet deep down there are some very basic incongruities as to how they work in the light.

Recently El Morya came to me in a dream, showing me one of these beings. "The illegal wall of twenty-four is no more," telepathically resounded within me. From that dream I began to understand more about these beings from Lyra; this council has been a subtle wall, posing itself as the Ascended consciousness, keeping many otherwise sincere souls from connecting deeper into their own "I AM Presence" and with the Beloved Ascended Masters. Later I had another dream where I met an old friend from a previous life. He gave a stage show before an audience, demonstrating his siddhic abilities. He made the audience instantly forget where they had been for the last twenty minutes by controlling the currents in the back of the head. This also reminded me of a dream where I was shown a man in San Francisco

who had lived for years without needing to eat or drink. For this ability he had literally bound his soul, for it was achieved through a lady Lyrian master with whom he had previous karmas from Africa. She implanted a subtle drip tube from his eighth center in to the back of his head and then into his throat chakra. Along with this were subtle transmissions necessary for actualizing this ability. However, she held the more subtle circuitry under her command and not only enabled this person to live without eating but, lacking integrity, emanated her energy through him for her own desires.

A number of the beings on this council are Ascended within their own system but not so on earth, in fact far from it. An example of a member of this council is the entity Korton. I met Korton in a series of dreams in which he was mostly wielding his influence of the silver, aquamarine and red rays. He was quite adept in the electrical activity of the eighth realm and extending its influence throughout the body. While not physically incarnate, he often taps into the chemistry of people to gain a greater influence into the physical.

Quite a few people look to Korton as an Ascended Master, however he is not. This we tested when Shantara confronted him about some of his activities and asked him to come to us to meet Eriel in the Golden Valley. He agreed, but upon Eriel's appearance Korton quickly vanished, his motivations not being able to stand in front of the full presence of a truly Ascended Master.

Korton, like the Osiris council, recognize the existence of the Twin Ray but see no point in it, believing that it is not necessary for their personal growth. Needless to say these beings are not with their Twin Ray, and many of them, including Korton, passively and even actively at times resist the coming forth of the Twin Ray energy. I have given the example of Korton a lot of print but I feel it is necessary, for this has played havoc a long time with the phenomenally gullible channeling crowd. There are many incarnate examples I could also use, but I am keeping to a policy of not giving names of people now alive for such examples in this book.

A person growing on the spiritual path is often gullible to these energies in the beginning, but often little harm is done for they are not devils and much of their activity is benign, even helpful. However, when it comes time to fully awaken the realms above the head, each person must become conscious for themselves and for this, much dedication, meditation and sincerity

is required from every possible angle. Whatever you do, do not make spirituality a business.

On Lyra, many beings are working through the karmas of misqualifying the power of the I AM decrees. On a positive side, these energetic entities have so much to offer when this rebellion is worked through.



Pleiades

The Pleiadean system is an older sister to our solar system. Within the many stars and planets of their system are beings on various levels of personal development, but a general flavor is easily experienced.

The Pleiadeans work through valuing alignment before outer activity is begun. Pleiadeans display a willingness to blend, honoring the collective as part of one's own joyous lifeblood. They are known as the stellar ambassadors, being skilled diplomats.

Of particular interest to our earth is a group known as the *Golden Pleiadeans,* composed of those enlightened beings who know themselves as unlimited spirit and have transcended the limitations of their world.

The Pleiadean psyche maintains a very strong presence here on earth through many of our humanity who have lived in that system. In terms of earth's population, the principal stellar influences incarnated on our earth are Pleiades, Orion, and Sirius. The Pleiadeans while soft and loving, can also be rather timid and withdrawn at times. Feeling comfortable with individual power is not one of their stronger aspects. This fear of misusing power twists itself into covert activity at times, and sometimes into a hidden judgment towards strong actions which the Light brings forth when necessary.

The Pleiadeans are the future of mankind for several reasons, one being the actual energetic ties between our system and the Pleiades as part of a larger orbit of suns and consciousness. Another is that thousands of years ago they addressed many of the issues now prevalent on our planet; this wisdom is available to us, provided we can work in alignment.

In general the Pleiadeans are tall, slender, have big beautiful eyes and a graceful appearance. They are fun-loving, passionate at times, feel stifled by too many rules and love the outdoors.

Discipline is not one of their stronger traits and they often make fun of it. The Pleiadean personality does not find it easy to commit to any discipline or relationship, unless it is well known, flexible and understood from the beginning. However, free expression, emotional flow, nature, fun-loving activity and deep unstructured meditation, particularly involving creative vision, are natural.

While Pleiadeans lend themselves well towards skilled diplomacy and mediation, their timid nature and tendency to turn the other way, rather than personally go through difficulty, means that only the more developed Pleiadeans reach the front line, spearheading the new way on our planet. Those who do round themselves out for this type of work are often the very best at it, bringing forth a combination of zeal and balance that is able to cut through emotional blockages into the essence.

There are four major initiations emphasized in the Pleiades. These involve the pink, red, gold and green rays. The Pleiadeans have a very advanced understanding of the green ray, originating right from the core of a planet and anchored through the God-Self of the being using it. This understanding they have brought forth in its fullness upon the planet Venus.

Much of the blissful current of the Tibetan chanting is subtly linked in the causal to temples of outpouring from the Pleiades. Much of this occurs on the red-maroon ray. The Pleiadean personality, if not too shy, is naturally drawn toward tantric interaction, easily understanding the non-verbal blending. The only word of caution here is the development of discrimination.

The Pleiadeans, like the Sirians and Essasanians, are very good at working with architecture, bringing forth sound and shape that enhances certain attributes of consciousness.

Horses have strong Pleiadean roots. Whales, as beings of great bliss and intergalactic communication, often bring forth a frequency of the Pleiades.

Some of our dolphin species on earth are very advanced Pleiadeans and teachers of telepathic interaction. We have had many dreams with them as they helped to reactivate our memory of how to communicate this way. The Pleiadean dolphins tend to have more red in their auras. Swimming with dolphins and meditating and dreaming with them can be a major healing and bliss-filled experience for humans.

The enlightened Pleiadean energy is skilled at crystal healing (etheric re-imaging). My Beloved and I have had many wonderful experiences receiving this knowledge and using crystals on others for realignment and activations. The Pleiadean representation here on earth has an inner authority to stimulate and further activate the subatomic structure of the human consciousness.

For several years, we would go regularly in our subtle bodies onto a Pleiadean Mothership, where they would help us in our etheric body and counsel us regarding various situations in the collective psyche. They are very communal and fun-loving, at least those whom we have had interaction with. The unenlightened Pleiadean personality has to be careful with traits of timidness, covert activity, inability to discern and moments of possessiveness (the Pleiadean personality is generally of a giving nature.)

The cat energy, originally from the Andromeda galaxy, is well represented in many places, including the Pleiades, where the Cat Lords have a residence in many temples. These beings, perhaps twelve feet tall and seeming more human than cat-like, are overlords to a certain line of development and are themselves still growing.

In Darjeeling I was interacting with a devic being, who was one of the Cat Lords from Pleiades. He had been involved in age-old conflicts between Nepal and various border countries; his energy was often invoked by some of the magicians in the area. After a bit of toss and tussle in the eighth realm, he came forth, realizing that he would have to give up his present form to keep growing.

For those who feel shy of change, imagine giving up a form you have had for thousands of years. The council of the Pleiadean Cat Lords have represented themselves here on earth through the line of channelled beings of Ramtha, Mafu, Ezekiel, Id, etc. and through many of the Tibetan Oracles. The Tibetans, while a mix of stellar influence as are all our nations, have a predominant Pleiadean tendency.

Currently there are many people channelling Pleiadean wisdom. These people are in their awakening process, remembering parts of themselves. **It is a misrepresentation for a channel to say that what they channel is not themselves,** but is some other being. The limitations of the channeler are also expressed and color, or fully form, the content of what is being channeled. This is true of all channel-mediums who go public.

Several large Pleiadean spaceships are in active service to our earth. A spaceship, is not, as science fiction buffs envision, a device to propel a group of people through long distances of stellar or interplanetary space, except in a physically limited consciousness such as our current humanity.

A spaceship is a collective focus of beings, holding some particular purpose. Think of it as a palace of Light. When it comes time to travel from one location to another, it has nothing to do with propulsion; the participants simply and collectively recreate themselves in a new location in space. Thus, travel becomes the ability of attunement.

To aid in this attunement, some beings have created a structure that acts (in a very rough correlation) as a computer, which stores the "feeling" of different places in time and space, thus assisting in this mode of travel.

The spaceship itself is not built in a factory, welded, bolted and tested. Rather it is simply imagined and precipitated in whatever form is desired. It is not a collection of wires, but a telepathic resonance, that operates the ship. The more advanced beings do not need such structures, yet sometimes they participate in this form of collective focus.

A large Pleiadean mothership is home for thousands of beings who serve in what we term a finer body. They are a very happy bunch, free from many of the contracting emotions in which so much of humanity embroils itself. **The Pleiadeans are skilled diplomats, and the Mothership serves as a meeting place where beings from many places gather in council.**

On the ship they also have all sorts of healing rooms, where they bring people in their subtle bodies. With the help of various lights, some focused like laser beams, much balance is restored to the etheric body.

The amount of consciously instigated and sustained subtle activity that occurs to support our humanity through its phases of evolution is phenomenal. Without the continual support from the Ascended Masters who have committed themselves to our earth, and the countless helpers such as the Pleiadean Motherships, our humanity would have destroyed itself a dozen times over in its own self-created discord.



Orion

Orion is a very ancient system, which specializes in refracting the One Light so that its people can grow in their individual excellence. Its one aspect that stands above all the rest is its skillful ability to polarize the energies around it into some type of stance with it.

Depending on where you stand in the universe, literally from what particular angle you view this area of space, you will see Orion differently. From some views, Orion appears to contain tremendous wells of wisdom and gateways into higher realms. From other perspectives it is very dominating and aggressive.

Orion places a lot of value upon personal power. Beings who need to learn to accept power, or to overcome a fascination with power that is out of alignment with the Oneness, often spend time in this system. For an individual who has some undeveloped side to them, the Orion personality will immediately pick up on it and often polarize themselves to it.

It was exactly this scenario which occurred on our own earth over two hundred thousand years ago, when the Orion system penetrated into the Devic Kingdom, resulting in much suffering upon the earth in their aggressive and often insensitive ways. Yet the Devic kingdom co-created the Orion beings into what they were, by seeing them through their fears and thus creating that experience. A system more in its own power would not have this type of experience.

I mentioned earlier that the Pleiadean system has had similar experiences to our earth. They overcame this same conflict with the Orion and Sagittarian aggressiveness thousands of years ago through their skill in aligning with other systems for help, in particular Antares. Balaram, the brother of Krishna, was one of those beings who answered the call for help and defended that system.

Upon reaching a unity among themselves, the Pleiadeans created a protection from within the collective core of their planet to filter the type of energy that could come into their planetary systems. We, on our earth have done the same, to a lesser degree, but it will not be complete till we can consciously hold that awareness, free of any reactive judgment.

We must be careful not to put the power of solution outside of ourselves for issues that truly live in our own creation. The promise is great, for our earth is a "blending" station and the growth that we will achieve in our collective awakening is phenomenal.

One of the activities of the Light upon the earth at this time is to close the door to the darker side of Orion, in particular to an influential council of the Orion energy which is very active upon the earth. This council includes beings who, through ignorance, mislead many in the spiritual arenas and who perpetuate many old conflicts around the world. These activities have in the past served to stimulate understanding through conflict and particular avenues of relationship.

This council is being returned to itself through the power of the Light. Each of its members is being challenged to come forth into a greater alignment within the Oneness, so that they may grow. The shutting down of this council, which is occurring even as I write this, will also simultaneously close the door to many other energies which ride the turbulence of this council in continuing their own unenlightened agendas.

There are particular masters who are skilled in the work of closing vortices of psychic support that such councils draw forth from the earth in a karmic manner. The masters who do this work are usually Kumaras and have the providence to do so (blessings from the Mother). In doing this, covert actions can no longer hide in a cloak of manipulative charisma and are quickly returned to their originator.

As the dust settles, all that is left is simply ourselves, embracing each other for the growth gained. Love is the way of our freedom.

There is a popular scapegoat in mediumistic circles in the United States at present, whereby karmic influence from the Orion Star system is blamed as the cause of many problems here on earth. This has occurred because a number of people have experienced, in the subtle realms, a great conflict occurring in the Orion system spilling over to many systems in the Galaxy, including the earth. However this is a limited understanding. I have understood that wherever in the galaxy you stand to view the Orion system, it will appear different to you. As previously mentioned, the very ancient system of Orion fulfills the function of acting as a refractor of the One Light, in order to make existence as we know it possible.

As a refractor, similar to a prism, it creates and forces various star systems around it into a polarization of energy and particular characteristics. This gives stimulation to the evolvement of the individual soul in its vital development. This function develops awareness.

The Earth is a blending station, where the refracted Light is blended back into its whole and becomes much more experienced and evolved.

A number of times I have gone to the Orion system in my subtle body and experienced great conflicts. I have also seen their aggressive advances into other cultures. Yet there is a greater power that also works in Orion, as well as in every place of our galaxy, which is simply our higher Self. Within Orion is a tremendous range of culture, ranging from third-dimensional societies like our earth, to sixth-dimensional colonies of Light with Masters who extend far into the inner Perfection of our Radiant Source.

In the short term view, one that we frequently adopt in order to deal with the practicality of a situation, there could be what may be called a great activity of the "dark force." Yet seen from the perspective of the Mother, of the Buddhic awareness, it is all an evolvement into the Wisdom of Love. It is all the workings of Love and of finding oneself. Those who hold onto the idea of the dark force hold themselves in limitation. This is not to say that there are not some tough scenarios on this planet that require the front line activities of those committed to the Oneness. But if we hold these experiences to be dark, not seeing that the Power of God is in everything, then we ourselves are the polarizing instruments to further its perpetuation.



When you are ONE with your I AM pure unlimited Divine essence – you have Won! All is seen, embraced, learned from and held in its correct perspective.

Chickens were a biological creation from the Orion system. We observe that eating eggs interferes with the higher, more refined vibrations of light in the body temple, more so than meat. We advise everyone to stop eating eggs!

Regulus

While of a strong orange ray orientation, many of the souls from Regulus here on earth have not been able to fully ground this ray of expression in a pure way, existing in confusion regarding how to use their creative energy ways harmonious to their spirit. This particularly reflects in relationship.

The bear energy is from Regulus (and other places as well).

Until all the rays are expressed purely, none of the rays are totally expressed. The unbalanced expression of the orange ray, for instance, tends to create a subtle pride in a person. Knowing they have an inherent capacity to see through social consciousness and an ability to blend the forces of nature at a shamanic level, they often create a "stand offish" stance while holding feelings of superiority. This is more true of men rather than women.

The Regulus beings have to surrender more deeply to the Oneness and heal relationships. To know ourselves from the stars is a limitation *until* we know of the Oneness, for we will be playing in karmic scenarios of a dualistic nature. Sun Bear, a North-American Indian spiritual guide, brought through the Regulus energy.

Sagittarian System

The Sagittarian system has a poor track record in regards to our earth. If there was ever an image of the bad guy, dressed in black, with hidden plans, the Sagittarian actor could fill that role. Hitler was an example, as are a number of magicians who ignorantly try to penetrate the earth for its secrets, like someone trying to drill a hole to the center of the earth to gain the light there. They have misunderstood what the center of the earth is. This warrior aspect is known for its ruthless quality; in a calculating way, it will manipulate emotions to try and get what it wants. A number of sorcerers draw upon connections with Sagittarius.

The wolf energy used in some shamanistic circles has overtones of the Sagittarian energy, as well as Orion and Vulcan. Monkeys are from Sagittarius.

I have visited a temple in Sagittarius a couple of times in the dream state, while seeing certain things about and counselling a mime/actor from Columbia. The temple had a lot of pink and red tones, with an upbeat

energy. People would gather on each side of the large hall, with a center aisle kept clear. Music was an important part of the temple; as the energy level rose, people would hop ecstatically in a levitating fashion up and down the aisle. A kind of harmony was maintained through a shared, unspoken understanding of the way things were done.

Karmas from the Sagittarian system are perpetuated here through ignorance, an unwillingness to see, to change and to recognize the Oneness of the God-Self. Some beings from Sagittarius have created a psychic gateway in the magnetic belts far above our planet as a connection to certain temples in the Sagittarian system, to support unenlightened activities upon our earth. It has recently been closed, as the earth is no longer allowing such activity. Beings from the Orion energy have created the same thing, like webs, throughout our solar system. This too is currently being changed.

It is up to each person with these karmas to embrace their warrior aspect and bring it into harmonious alignment. A vital healing is the blending of the red ray into the terrestrial command and timing of the green ray. Misuse of the pink ray by the unenlightened Sagittarian personality is perhaps the greatest karma coming from this system. Such personalities are being challenged to look into the pink ray, find any calculating, manipulative or defensive tendencies on that ray and re-create their pink ray expression in a heart-centered way sensitive to the Oneness.

Mental manipulation of the pink ray is common in politics, advertising, religion, real estate, yogic circles, priestly scenarios and beings who project an energy designed to create an emotional response in others to get what is wanted, without really caring about that person.

The Beloved character of Hunaman as exalted in the Hindu epic of Rama and Sita has a strong Sagittarian influence. Known for his strength and devotion, Hunaman exemplified the qualities of the red ray. It seems, however, that the true object of any devotion has been seldom understood; many Hunaman temples are replicated in India today with blind ignorance towards the fullness required of the spiritual adept. The Sagittarian energy often tries to anchor itself under the great pyramids, an old temple sight.



Sirius

Sirius is well represented on earth. The Sirian mind-set is very dedicated, focused and mentally developed; Sirians are capable as administrators, builders, town councillors and visionaries. As a comparison, a Sirian will stay with a problem, trying to understand it with the mind, while the Pleiadean will shift the energy emotionally by jumping in a lake, or trying something different. The fire of their mental body tends to suppress the water element and thus emotion and expression. This can create a dryness in the body, a general body stiffness and inflexibility in the mind and emotions.

The Sirius energy has often been out of synchronization with the Earth's timing and has tried to assert its own mental framework in place of the Earth's natural matrix disseminating its intelligence, timing and energy. Several times, groups of souls from the Sirian system have tried to overtake the natural timing of the earth's unfoldment in order to establish their own dominance. There are even distorted claims that the Sirians seeded this earth and overlook its evolution. In reality, the Sirians have arrogantly tried to replace the earth's own destined resonance, which is still in the stage of coming forth, with that of the Sirian system, which works on Sirius but is not what our earth is about. This attempt has several times created a misalignment of certain energies with devastating effects, unintentionally opening the doors for certain destructive elements to gain an entry way onto the planet.

Sirius is primarily a fifth-dimensional system. Sirians are appropriately named the temple builders, having an intrinsic understanding of how geometry and shape help to define and create energy. Not only do they often delight in building temples, they are often the priests and priestesses that inhabit them. After building the temples, there is a tendency to want to possess them, rather than whole-heartedly recognizing the Oneness as the owner of the temple and its function.

The gold ray is one of the predominant expressions of Sirius. Many Sirians look to the Masters Koothumi, Jesus, or Hilarion for a guiding hand. The biggest issue in the Sirian expression here on earth is the balance of a healthy emotional expression, i.e., not overridden by the mental body. They usually dislike discipline outside of their own mental and social framework; this creates inflexibility. There tends to be a particular aversion to disciplines

which move emotions, such as breath, dynamic yoga and mantra – believing that it can be all done with the mind alone.

Generally, the Sirians like to associate and live with each other. Although sometimes the emotional distortions create a situation where they become allergic to each other, this is all in passing. There is a tendency to remain aloof from other systems and groups. I have observed that the Sirians seem to love creating organizations; this has been a source of trouble many times. As spiritual teachings fall into the hands of such organizations, the original spirit of the knowledge becomes replaced with the limitations of the organization itself.

Sri Aurobindo and his Twin Ray, known as the Mother, inwardly asked us to go to Pondicherry in India to help release certain distortions in the psychic structure that were gagging the community which they founded, preventing its fuller expression. Auroville was started by Sri Aurobindo and the Mother decades earlier as a model of a spiritual community. It was intended to become a city where people from all different cultures and beliefs would come together on a spiritual basis to work and live together harmoniously for their collective evolvement. Arriving, we found a tremendous resistance towards the actual process of *transformative* spiritual growth. The penetrating threats of such movement were, as much as possible, diminished with intellectual shields, quickly drawn and placed wherever necessary. We also learned that far from being a real many-cultured experience, it was predominately of the Sirian soul group, albeit drawn from many lands. Our work there was mostly on the inner – we penetrated one thing after another in the collective field on a subtle level. Eventually, I found that the greatest hidden fear of most of the members of this community and the Sirian soul group in general was a fear of the Oneness. The meditative process of penetrating to this realization involved long hours of drawing on all my resources to stay conscious as I walked through the thick mud of the collective resistance.

The integration of the Sirian energy into the collective light of humanity is one of the big challenges that faces humanity as a whole, else the discord continues its destructive path.

Of the animal energies, the German shepherd dog and some of the dolphins have strong roots to Sirius. The loyalty of the dog is also a strong quality of the Sirian energy. Bird energies are well represented on Sirius.

Sirian souls often have a tendency to eat fish as a way of increasing psychic attunement. Both fish and eggs, while not recommended for anyone on the spiritual path, carry vibrational energies which should be strictly avoided by a Sirian temperament. Chocolate is often liked greatly; this can be a positive food in balancing the elements in a Sirian constitution, provided not too much is eaten.

The best thing for the Sirian disposition is dynamic exercise, dance, a combination of form and formless meditation, silence and surrender into intimate and vulnerable relationship. The Pleiadeans bring forth emotional opening and balance to the Sirians.

Animation and film are natural mediums of expression. Any of the visual arts, whether an outward display or inner visualization, is a gift in which the Sirian development brings forth a wonderful advancement. Architecture is a natural Sirian ability. Many Sirians keep in touch with political issues, taking an active role when they feel to do so. The Sirian culture has much to offer in bringing forth refinement in lifestyle and understanding the geomancy of our living environment. The Sirians are well cultured and refined in taste.

Their natural build is a strong and healthy trim, yet emotional suppression often results in Sirians becoming overweight, particularly in the later years of life. More often than not, the typical Sirian is tall.

The energy of Osiris first made its appearance into the fifth dimension in this part of our Galaxy through Sirius. This advanced group of souls overseen by Osiris has felt a certain loyalty towards Sirius, yet has also become entangled in the difficulties of Sirians surrendering to the earth upon which they are living. All this is simply a reflection of their own deeper issues being worked out on all levels of existence. As the council of Osiris completes its healing on the planet and comes back into its One Soul, it will represent a great leap of collective integration on our Beloved Earth.

The Sirian refinement is very friendly and places a great value on social niceties. However, when issues are stimulated that are too close to home, in a spiritual sense, they can be quick to create boundaries and draw the lines.

The Sirians take a keen interest in social and political issues, but tend to remain aloof. The more adventurous, however, go head over heels directly into these issues and take whatever risk to life or property necessary to uphold their ideals. Tenacity is a great Sirian attribute, spawning great courage as necessary.

While the Sirian influence is found everywhere on the planet, there is a particular focus through the Eastern United States, Europe (particularly Germany) and China. The Chinese invasion of Tibet and their thousand-year-old squabble are rooted in a conflict between the Sirian and Pleiadean ways of being.

I have focused on many of the shortcomings of this group because these karmas need to be cleared now. The integration of this soul group, one of the largest on our planet, is crucial for a reasonably harmonious movement into the future.

Planets in Our Solar System

From my direct experience, the realization has come that all the planets of our solar system are part of one system of evolution in which, in the long term, we all participate. Each of us, in our evolution, incarnate on various planets to experience and learn different things.

It is similar to traveling to the different cultures and nations of our planet, some of which are very different from each other – yet there is a feeling of unity in that we are all on Earth together, supported by the same Earth Mother.

I would like to reiterate that I in no way intend to link the descriptions of the planets or stars with astrology. While I know that sacred geometry, which astrology calls upon for its understanding, is an important science, I also see the limitations of astrology. Rather than play in the shadows, I believe it is vastly more important to go direct and recognize your higher Presence.

To understand the inner science of astrology you would have to be established from the point of no longer needing it. What is the point of such a person going backwards? Certain planetary alignments and timings are often synchronized with the consciously decreed use of certain cosmic rays as brought forth into action upon the collective psyche. But this is an inherently inwardly understood process and is not used for guidance, rather for effect. The Masters involved are far transcendent of the angles of the stars and planets. This Mastery is gained by the focus of above and the unity of below. The earthly knowledge of astrology comes nowhere close to the understanding and radiation necessary for this mastery; instead, it opens many doorways of confusion through incomplete understanding.

Jupiter

Living on Jupiter brings forth the power to know yourself beyond a physical form, the ability to speedily shift your body from one dimension to another dimension and the ability to hold and project your self-image anywhere you choose. Beings on Jupiter often hold a strong blue light and are confident in areas that require a quick mind and sound logic. They connect thoughts easily.

Jupiter is a fifth-dimensional planet. Think of every planet as a school where certain subjects are taught. Plato was a graduate of Jupiter, as was Einstein. A Master has experienced, understood and blended the wisdoms of many different planetary experiences; they can thus serve the supreme plan without maintaining a stance of separation and pride.

Earth is a blending planet, as we combine the experience and wisdom from the different planets into a shared experience. It is on earth that we have the opportunity to see the limitations of each planetary school as we integrate and meet other planetary schools of learning. The power of Love is the ability to continually embrace Love. When we are held in fear, then we get stuck. That is why we know LOVE is the greatest power in the UNIVERSE (One-Mind); it is Love that creates an Ascended Master – One who has transcended all the limitations of physical manifestation.

Jupiterian graduates usually have a sensitive nature and refined bodies. They make good business people. However, lacking in emotional freedom, they often experience difficulties in intimate relationship.

There are temples of a high magnitude on Jupiter that will play an important part in the earth's advancement into a unified consciousness. A group of magicians have orchestrated the creation of a large psychic structure on Jupiter (also linked to other places in our galaxy) that a number of misguided souls are trying to ground more strongly here on earth, as part of an insatiable



appetite for phenomena. This structure, composed of fifth and eighth-dimensional light, is attuned to through the back of the head. It is disruptive and can be seductive for the ignorant. It feels like a million strands of experience, visions, personal abodes, all linked with each other into a whitish mass, giving forth sensation. A person entering it without clarity of higher causal consciousness becomes trapped in it, as every vision connects to another within that structure. This fifth-dimensional circus is modulated by a group of souls who sit within it and hold an eighth-dimensional awareness, programing it with the type of energy they want it to have. Unfortunately, a number of new age prophets, spouting off nonsense such as "144,000 thousand souls" or "photon belts" are often tying into the sensation giving effect of this structure. The Ascended Masters are making sure it will not gain a firmer foothold on this planet.

Neptune

Following are several personal experiences with both enlightened and unenlightened beings from Neptune.

I was sitting in my room late one night when a number of tall, thin translucent beings appeared. Their necks were very thin and upon looking closely, they appeared somewhat like a cross between a wasp and a human being.

My subtle body instantly stepped forth, so smoothly that I was not really aware of any transition at all. I was taken by them into their ship. They were excited to show me many areas on the ship, such as a room where they had etheric clones of various people here on earth. I was rather surprised to see one of myself. They would project these forms into people's dreams as part of their exploration of the earth consciousness and a lower dimensional existence. It never seemed to occur to them that we would consider this an intrusion and unacceptable.

In fact, they had much more of a group consciousness than humanity does at present.

They also showed me a planetary body, such as a moon, which was whitish in color, uniform and a chalky texture, not too solid. They telepathically conveyed that to them it was like a gigantic computer in which they would collectively store their experiences.

The next night, they came in my dreams and took me onto a small ship. They then started rapidly relocating me to different locations. It was not like I traveled any distance, rather "pop," and I was somewhere else, "pop," and I was somewhere else again. This happened rapidly, maybe fifty times. They were trying to see if they could disorient me, as they wanted me to participate with them in an area I would not, normally. However, it did not work, as I maintained my inner guard.

They want to understand about our way of life, while having not yet experienced the framework in which they can understand it, i.e., third-dimensional physicality. They are benign in their intention.

A few months later, they came to Shantara in a dream and were testing her to see if she could keep her orientation in extremes of movement, heat, etc., through zipping around in a small air ship.

The above experience happened about five or six years ago. During the time I was writing this chapter, the following experience occurred one night with a different group of beings who called this same planet their home, yet knew themselves as Here, There and Everywhere.

Before going to sleep, I transferred my attention to my subtle body, which continued to sit in meditation as my physical body enjoyed its sleep. I was soon participating in a special gathering called by El Morya and Koothumi on a Pleiadean Mothership, in which some of their students undergoing specific training were being introduced to a council of Ascended Masters from various places in the Galaxy.



A number of beings were walking around, as a projection of a group of Ascended Masters. Then I saw a most unusual being, who just seconds ago was in a humanoid form. While before I saw one being, now there appeared to be about twenty beings packed in very close to each other like sardines, so that I wasn't sure if it was one or twenty. They were orange-red, with many tentacles coming from what would be their head. The shape was so different than any form here on earth that I really cannot describe it.

I learned that these Ascended Masters were a blending of experience from Uranus and Neptune, who specialize in creating any form desired, as part of their teaching of not becoming fixated in a particular image, form, or way of doing things. They travel to different places in the galaxy, such as the Orion system, to bring forth greater flexibility. They also help to teach initiates, such as ourselves, to not be phased by anything whatsoever and to become skilled at walking through dimensional doorways by simply changing the dimensional frequency of the atoms of their bodies.

These very happy beings, I intuitively felt, held the energy of what is known in the Hindu tradition as *Ganesh*, the elephant god. Ganesh is a blending of energies from the Orion system, Neptune, Jupiter and Venus.

Hermes of Tresmigistus from Orion has spent much time on Neptune and Jupiter. The Cosmic Master Shiva has deep connections with Neptune. While all the rays find some expression on Neptune, the green and orange rays are often predominant. If asked which planets represent the current advancement of evolution in our solar system, at this time I would say first Venus, then Mercury, Jupiter and Neptune, with Earth holding great future promise.

While our physical probes and telescopes report Neptune as a cold world far from the warming rays of our sun, on other ethers of existence this is not the case. Recently, in the dream state, I found myself rising above the earth and then relocating above Neptune and descending to view a beautiful seaport city, with parks and numerous rock formations. I learned of a joint Sirian-Antarean community on Neptune. A number of beings from these star systems first came to our solar system through these communities on Neptune. The people I observed, while advanced, were not entirely harmonious; I witnessed several small uprisings in relation to difficulties in their government.

I moved back and forth from Earth to Neptune throughout the night. On Earth, people would come in their dream bodies and tell me things about Neptune. I would then go to Neptune to check it out. For example: I heard a dream rumor on Earth of a rather appalling Neptunian practice of eating their dead. From our physically accustomed standpoint this seems a rather barbaric practice. However, from the Neptunian consciousness, beings composed of Light simply shed their astral garbs for the cosmic expanse of higher thought; they give that astral light as a gift, which is then absorbed as a radiance by the recipients.

Neptune is a very beautiful planet where everything flows in a watery feeling. It supports a fourth and fifth-dimensional consciousness, including animal forms familiar to our earth such as whales, dolphins, sea turtles, elephants and a variety of land animals.

I found a mental warfare and a rebellion towards governmental systems that has been going on for centuries. Much of this stems from the Sirians and Antareans wanting to mentally dominate the emotional life of Neptune – a place which in truth represents their healing.

In the process of service we grow. As I am writing this I am currently being graced with a Neptunian initiation and strengthening, which I feel as a dark-green energy above my head slowly dripping into my body. It is being initiated by several Neptunian Ascended Masters to assist my service in future activities, integrating a higher frequency into the physical. It strengthens my higher emotional body, making it possible to go into all sorts of scenarios and hold the Light of God that Never Fails – in other words, the empowerment of the Oneness.

Saturn

Saturn plays host to certain yogic developments of souls in our system. Saturn, along with Venus, Mars and Jupiter, each have specific temples providing a frequency, gathered in through special places in the outer magnetic belt of our earth and breathed in through particular vortices on earth as a cleansing cosmic breath.

The reactivation of this breath from within the core of our earth began in January of 1994 by cosmic decree, in response to the continual drawing upon the Earth through a low consciousness and the continual depositing of stifling images within her. The last time this balance was tipped beyond return was before the downfall of Atlantis. There is no way this cleansing breath can be stopped. However, the eventualities resulting from this life-giving solar and cosmic prana washing through our beloved Earth depend on each of us, i.e., the sincerity of the inner work we do and the elevating purity we embody.

The exacting mechanics of this activity were long ago created through the conscious focus of enlightened beings within our earth and other planets. As a cosmic force, this activation is beyond the plea or demand of the

personality. It is, however, modulated and regulated through the compassionate existence of cosmic masters.

Uranus

My experiences of the Urantian energy is quite a mix (not unlike our earth). Many of the unenlightened entities of Uranus express much interest in governmental organization and power structures. The enlightened energy I have met from this planet seems more interested in the opposite, the breaking down of rigidity and structure.

Many of the Urantian beings need a stronger integration with the blue ray of the cosmic template. I have witnessed a number of beings of Urantian orientation here on Earth, particularly in government and business, who manipulate the red and gold rays while calling forth (most often unconsciously) the suppression of the higher mind through a misuse of the violet ray. This was learned from a similar misuse of the violet ray with reddish overtones by the Orion energy upon entering our solar system. This is done through a particular tonal modulation of the violet ray that gives it a sticky feeling, which is then further qualified as a suppressive energy, particularly when projected above the head. A number of skilled magicians use this technique to control a group of people or to qualify an energy field in a certain way. However once seen, it can be quickly nullified and returned. We have also seen a number of places, particularly in New Zealand and the Pacific Islands, where this ray has been projected into the ground in certain areas and forms a toxic feeling. This misuse of the violet ray can be burned away through an inner high pitched tonal application of the violet ray, just like sunshine burning away fog.

An example of a person who drew forth the higher aspects of Uranus is Lahiri Mahasaya, a great Yogi who brought forth the kriya lineage under Mahavatar BabaJi. Yet the darker side of Uranus is also well represented here on earth, which includes warlike persons in the Mid-East (such as Saddam Hussein), attempts to corrupt the crystal grid (such as the French nuclear testing) and gross distortions of the red ray upon the planet.

The Urantian constitution tends towards a stocky, build, more often short than tall. While on Uranus there is no limit to the variety of forms that can be seen, here on Earth the rat and the sloth are examples of Urantian influence.

Venus

Venus is the planet of Love. It well deserves this recognition, enveloped in a rich feeling atmosphere that has been highly elevated through millions of years of radiation from enlightened beings.

The Tibetan Buddhist scriptures talk of the Buddha-land of Da-Wa-Chen, where Buddhic beings reside. This is an actual place, a golden etheric city on the planet of Venus.

While in the physical dimension Venus may appear inhospitable, in the subtle dimensions life occurs profusely upon it and it is a tremendously beautiful planet with tall grass fields, water and mountains. Horses, deer and birds are seen on Venus as well.

There are many temples of spiritual radiation established, some of which are destined to develop sister temples on the earth, facilitating a copious flow of energy and subtle exchange between Venus and Earth. Quite a few masters based on this wonderful planet frequently visit our earth in rendering it assistance.

The green ray of terrestrial command and timing is radiated in great strength from Venus, in its blessing to our entire solar system. The pink ray finds its sole terrestrial source in our solar system from its anchor through Venus. Any soul on any planet of our solar system who reaches deep into the essence of the pink ray will automatically enter the flame where it is held on Venus, under the watch of those who consciously work there with that flame.

If you feel a resonance with Venus, then sit still and imagine yourself visiting there in your subtle awareness. It is not as difficult as may seem, if you only try.

Vulcan

Vulcan is a forth dimensional planet in the outer reaches of our solar system. The Vulcans are excellent warriors and possess a keen ability of penetration, often combined with a critical edge. They are often quick to see the ramifications of different actions and thus make good diplomats. They are very good at shape-shifting and are not easily seen if they desire this. There is often a fascination with astrology or shamanism.

The Vulcan energy brings forth a strong interest in the red, orange and green rays. While Vulcans are often skilled on the green ray, it is on this ray that much of the Vulcan karma lies, particularly their subtle covert activity that is missed by all except those with the inner sight to see. At first, the influence of the Vulcan influence is often difficult to see. There is a tendency to project issues outwardly onto blaming others, often in ways not seen. The Vulcan personality is so skilled at hiding key issues that they often hide from themselves. This is the feminine power turned in upon itself and unbalanced.

The Vulcan energy must be careful not to manipulate other people's emotions through the pink ray. Drawing on the feminine through subtle emotional manipulation is a tendency of this soul group.

Having evolved enough and overcome self-created distortions of what tantra is, they can become very effective Yogis at penetrating through hidden agendas. An example of a being who had strong Vulcan associations was the great Tibetan Yogi, Milarepa. An example of a Vulcan being who operated as a magician was Bhagwan Rajneesh. Winston Churchill had strong Vulcan blood. In terms of numbers, Vulcan has a minor but very influential representation on our planet. The Beloved Ascended Master Lantro has strong connections with Vulcan, as do Victory and El Dora.



This soul group can be very good at writing, provided they are clear on their chosen subject and do not use charisma to distract the attention from the real issues at hand.

On Vulcan, music is a very important form of expression and is an inner science that molds the outer form into the shape of the song. I have met, on the inner realms, Vulcan adepts who can change the dimensional existence of their body, or of the body of another person who is attuned, through the power of music. For example, a person could travel in the sleep state to meet such an adept in the forth dimension and then, through this assistance, enter very consciously the fifth dimension.

Other Members of Our Solar System

In our Sun there are great beings who live and swim in the sun. In your meditation, try visualizing yourself entering the sun and swimming! Make sure that you open the crown chakra.

Mercury holds an energy of quickened mental attunement.

Pluto is used by some Orion energies as a base of entry into our solar system. Pluto supports a strong ability of transformation.



Chapter Twenty

REALMS ABOVE THE HEAD AND THE NEW DISPENSATION

One of the highlights of the new dispensation is the introduction to and awakening of the centers above the head.

The new dispensation awaiting mankind is heralded in by each of us consciously creating our reality from a higher harmony.

As we overcome the reasons that keep us bound to unconscious interaction and thus to the wheel of death and rebirth, we actively express our higher image, whose Presence radiates the Light of Harmony.

In this relationship, the creative potential of our free state of consciousness moved by Love is tangibly felt and recognized. Breaking free of the confines of time, space and limited personality, the Oneness becomes a living, breathing, active experience in which the feeling of being alive is understood as the source of all life.

It is waking up to the incredible aliveness in a universe running on principles of free energy. For example, in the understanding of our physical universe, to become more radiant requires effort. To make something go faster you must put energy behind it. To make a building, you must saw, hammer and make effort. In the inner world, effort is replaced by penetration – by being conscious of beingness, of seeing and penetrating from your effortless source. The deeper you go into the space of any place or object, the more energy becomes available. Within the heart of any place is an infinite availability of energy, limited only by the thought of how much or how little. Effort based in struggle simply puts to sleep the awareness of your inner abundance.

To bridge the gap of awareness from struggle and effort to infinite abundance and harmony is the spiritual journey. This journey requires effort, well placed effort. Our world and its principles are not here by mistake. There is a reason for all that we do and the way that we have to do it in our physical world. Viewed from the infinite patience of the soul, we are slowly awakening awareness that we are God in action. **It is all in the attitude in which we do things.** In every effort, enjoy yourself, bring forth your radiance. Keep meditating the effortless radiance within, as that which enjoys the effort! In this way, you lift your whole being into the spiritual power. In this way your attention is on your radiant existence and is the penetrating power into the specifics of your world.



To enjoy effortless radiance as your strength – beaming within as you walk down a street, or smile for no reason, or apply yourself one-hundred percent – you must keep alive this energy in meditation and dynamic movement, such as vigorous yoga, running, hiking, etc. You need to contain your vital force, using it to support the journey into the deep radiant wellspring within. You see it in the eyes.

Above the head are five distinct realms of consciousness, each reflecting the infinite elasticity of spirit without ever losing one atom of detail. Central to this theme, however, is the feeling not of five or so many realms, but simply the One Presence forever outflowing the infinity of God, the Oneness, through your Consciousness. Recognizing, meditating on and aligning with these realms is a vital part of the Ascension process.

The existence of these centers are not generally recognized by the dharmas and traditional yogic disciplines because the distortions present in most of the leaders and practitioners act as a resistance to this revelation, or else shroud it in distortion. This results in a subtle, yet profoundly impactful split of the psyche, one part living in the higher devic realms of light, another manifest in physical reality.

The healing of this split is the promise of the new dispensation awaiting mankind; to bring it forth, the distortions and thus resistance to this healing must and will be overcome by each of its pioneers.

It was this healing which Sri Aurobindo locked himself in his room for forty years to bring about in himself, completing upon Venus after the death of his physical body. It is this healing which every Ascended Master has had to face head on and achieve through application of their own God-Self.

This healing cannot occur as long as any subtle resistance towards your own inherent Perfection or that of the Oneness is allowed to shape your individual reality.

This separation need not be so mysterious. It exists right under your nose, within your ear, behind your eyes, wherever you care to listen closely enough to what is not right in your life and commit to face it square on, while calling upon your Radiant-Presence as the Perfection desired.



Anchoring your intention from a pure point of consciousness above the head is the only way through

which all the intricacies that need healing for the Ascension can come forth and be elevated. Recognize your God-Self above as the doer and supreme commander of your life. This brings forth the integration, the healing, the wholeness, of God and You!

Recognizing your I AM Presence is the way in which the split between the divine and human is forever released and practical self-responsibility is granted its rightful and Divine place. It is the way of entering into the active principle of Oneness – God in action! Understand matter as spirit and spirit as able to be anything and everything, simply as the qualification of consciousness, the true and only power of the soul, from which all creation springs forth; the outpouring of God – in Oneness!

Many of us have, at various times in our eons of experience, reached fluency in the higher realms of Light. From that joyful state, why would a soul want to enter into denser realms, where so much struggle and lack permeates the awareness, making it difficult to even remember the freedom once enjoyed?

The expansion of a soul's mastery, as well as the force of its unenlightened deeds needing completion, compel that re-entry back into the realms of physicality.[26] In so doing, the soul sometimes says, "Okay, a part of me continues down there, while a part of me remains in the depths of consciousness hidden to the physical awareness, yet still moves around in the higher realms." The barrier separating these two worlds is formed of the very incompletions themselves. Thus there is no way that this separation can be dissolved until the higher vision is seen, the lessons are learned, the mastery is gained and Infinite eloquence of being it all, God, is found as the inherent principle constantly revealing itself in the Perfectly honored Light of I AM...

To clear root distortions that reside on the path between the higher light body and the physical body, you must apply your awareness, through meditation and intent along that pathway of unification. This involves the literal visualization of your I AM Presence far above the head, projecting a penetrating flame of presence into the area directly above your head, capturing and holding within that flame all images. Follow this with a literal

[26] Physicality only contains so much struggle because of our own incompleteness. Physical existence is like a clay, molded by our actions. Physical existence can also be a paradise of higher consciousness, if so created.

visualization of the light directly above the head fusing into the body. This type of activating work is a cooperative venture with the Ascended Masters; it cannot be done without that grace.



The split of higher and lower has the opportunity to be found out wherever there is resistance to dealing with the particulars of your world, the wanting to escape, the tendency to make the spiritual arena one of mystery or religion, or anywhere there is a lack of integration between your radiant truth and your manifest reality.

When you penetrate to the degree that you are truly on the verge of healing the seeds of this subtle resistance once and for all, you will always bring forth the essential help of the Ascended Masters, for none of us are truly separate. This becomes self-evident during your application of healing and wholeness.

In this process, the Eternal Ascended Masters and your higher self are truly meditating you, yet you still have to do the work. Again, this is self-evident to those immersed in the process, for this healing is not just a resolution, but an experience of the Oneness at work to bring your attention back to your home – awakening in the Family of the One. In this Awakening, you are bringing forth your own particular gift of radiance, for which you will have to make your own application.

It is not just glimpsing the centers of consciousness above the head, sometimes referred to as the higher Light Body, but the removing of distortions from these centers that is necessary. One who withdraws from the physical awareness into these higher devic realms reports the *feeling* of their Perfection, often professing to have reached the absolute reality.

The subtle distortions within these realms only become apparent as the Light of these realms is fully and consciously grounded into the physical body and awareness. At this time, if the aspirant is pure and guarded in their thoughts, they can quickly follow the threads of anything not quite right, see what lies behind it and through application of *"I AM the Governing Perfection,"* gain their victory from that distortion right there on the spot.

In such a penetration, self-honesty is obvious, for there is nothing to hide and the futility of continuing to create such difficulty for yourself no longer serves you in any way. Thus there is no resistance against the Light of your God-Self remaining on guard and alerting you in the future against creating similar distortions. The magnetic pull of incompletion has been finished. For example, would you jump into a garbage pit to get food if you were well nourished and nicely dressed? Of course not. Yet if you were starving and the only food you knew existed was in the garbage pit, it would be understandable if you jumped in. Healing these root causes of separation is moving from the world of struggle to one of Grace and Wholeness – where you are supported from within and this completeness is reflected and radiated in your life.

An aspirant can become quite adept at subtle body projection through the higher centers, yet the subtle healing occurring in these realms cannot occur until the need for *outer* recognition of self-worth has been released. If a soul wants to be dominating, to be worshipped, does not want to look at certain issues, wants to maintain a depressed state, refuses to acknowledge the potency of their higher self and the law of their I AM Presence, wants further emotional drama in relationship, cannot let go of limitations, etc., then the time is not yet ripe for this healing.

The only way that the fusing of the centers above the head into the body temple and into daily awareness can be done, free of distortion, is if it is coordinated from yet a higher vantage point of the being – which is the I AM Presence. Practice the meditative visualizations given on page 57 of this book, in the beginning of the *Eternal Yoga* book (see appendix), or as given in the *Saint Germain Series* of books by Godfre˙ Ray King.

The groundwork to bring forth knowledge of the higher centers, of the importance of actively calling upon the Individualized God Flame as the overseeing principle, is being driven forth by a great many Ascended Masters working for the greater Light of this planet.

To arrive at this potential of healing, the body consciousness and bodily chakras need to be purified and quickened enough so that you are tangibly and consciously responsive to your Light above. The body awareness must be able to energetically receive and respond to the higher frequency of Light pouring down from your higher centers. The moment you sincerely decree with feeling that, *"I AM the Light filling this body,"* this activation begins. However if you still constantly look to the outer to fulfill your desires and have not

spent time in sensitive meditation, living a sensitive lifestyle and practicing techniques to fine-tune the body, then you most likely will not feel it much and there is the distinct possibility that you will lose interest.

You must turn within to the Light. Love the Light with all your being. Stay with it, it is real. Keep affirming that you are the Light filling your body and then live a life that helps your sensitivity of this fact. Once you tangibly feel the flow of Light filling your body, everything gets quickened much faster, you gain confidence and only giving your power away to doubt and others' suggestions can slow it or stop this flow. You are truly the one who must answer for your own growth, the only person responsible for maintaining it.

As you see, feel and experience Light-Prana-Cosmic awareness enter the cellular awareness, REMEMBER – it is You! Do not let anyone tell you otherwise.

It is true that another being can help this quickening, that they can even project their image upon your life-force, or you can place their image on your life-force. Sometimes this is desirable, particularly if done by an Ascended Master, otherwise not. But in all cases it is the flow of **your** life-force, from your Eternally Radiant and flowing God-Self, that is being imprinted upon and projected into awareness. If you wish to keep distortions from creeping in, then you must recognize your own I AM existence, as well as the GODness of that existence in its most pure essence form.

You always have the freedom to make your own choices and you are the one who stands responsible for those choices and learns from them. Every Master will always honor that. A point of clarification is needed here. An Ascended Master honors and resides in the pure unadulterated wellspring of their God-essence. Such a being *Is* the Presence at One with every other individualized God-essence. This becomes a manifest reality simply through the enlightened focus of attention in your direction. Such a being will always honor the law of your being, but will not bow to, be stopped by, or give any power to distortions that you or others try to create. The Light is always victorious, always, always, always!

Seen from a level of duality, this victory may not appear to be the case, at least not in the short term. But the Effortless Light of our Highest Self works from beyond duality, beyond the limited perceptions of a person who lives their life by the changing laws of duality and the immediate senses. Nothing happens by accident. The Light is **always** victorious, because from

the place where light is born and shapes the outer direction, the universe is always ONE.

Helping others to overcome their resistance to the Light helps you to overcome yours. When you have overcome your own resistance, then you gain strength by applying that Victory in fields of resistance. **When you stop viewing the world as working against you and listen to your own *I AM Presence*, then everything works for you.** There can be no other way, for you have recognized with a feeling sense that there is only the ONENESS. Whenever you find yourself facing forces in opposition, remember that the whole scenario is encapsulated by the overshadowing reality and domain of Oneness. Call upon that Oneness for the best outcome and **know** that whatever the best outcome is, that is what it will be! Take courage to overcome your own doubt to this fact and you will release yourself from struggle, thus your attention can notice and remain in the simple, yet wonderful state of the heart at peace.

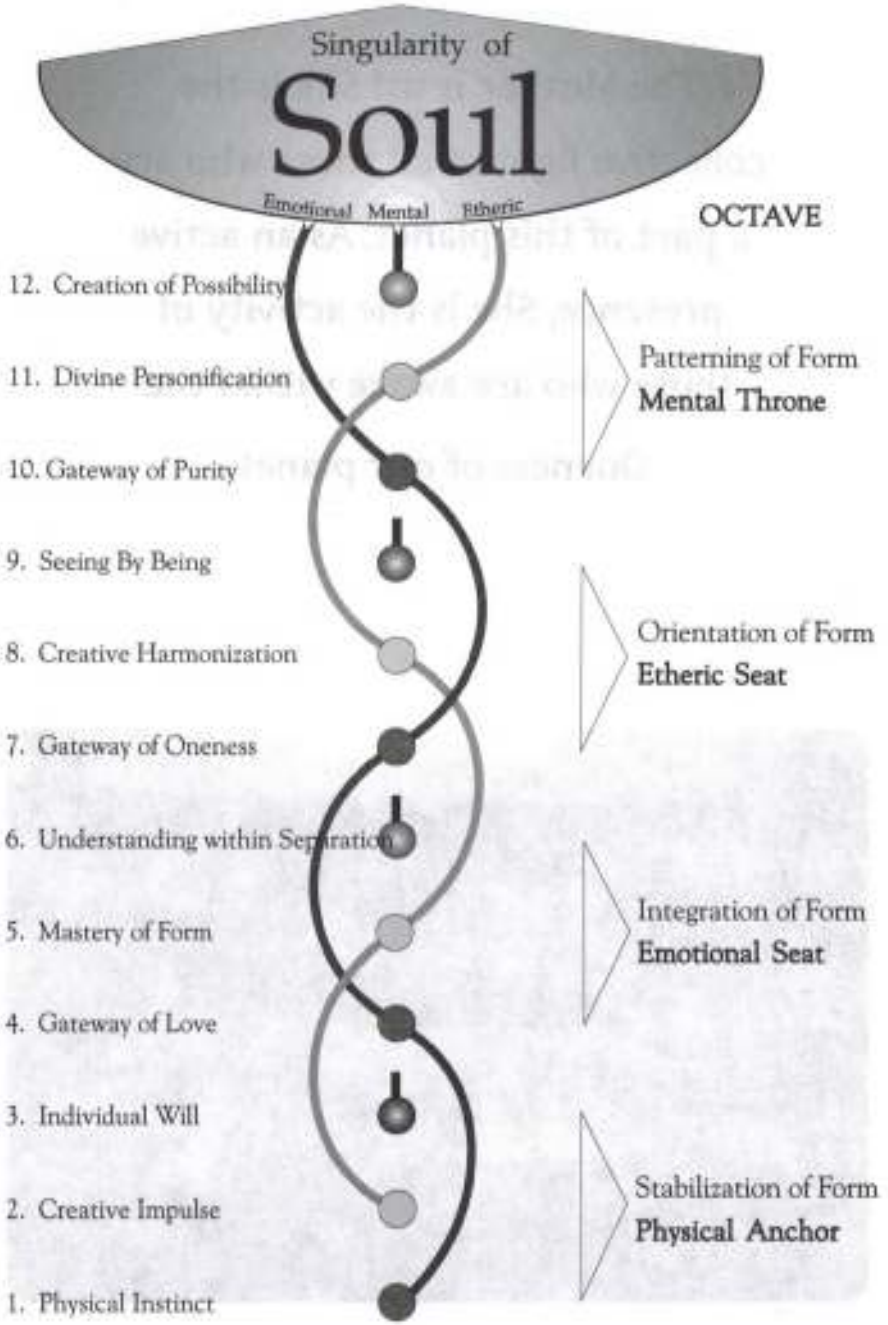
These teachings gain the strength of conviction by applying them and continuing to apply them in all the commonplace situations of your world – rent, relationship, emotions – yet do not forget to apply them to your awakening in the subtle realms.

The higher realms are above because they are beyond limited personality. However, in your essence they are you. Take the physical body and your consciousness which knows itself as the body – that is a wonderful and mighty union. Elevating that union of body and spirit into pure consciousness, a form sourced from free-energy that can maintain its definition in a world of Oneness, you will find that you are in the so-called higher realms. Bridging that continuity of consciousness to embrace a larger scope of life, you bridge the gap of above and below.

For a more detailed description of the realms above the head, read the companion book *Eternal Yoga, The Applied Science of Ascension* (see appendix), which gives further guidance in awakening your awareness of them.

The sense of all realms being of the One Presence is the name of the road traveled from time to eternity.

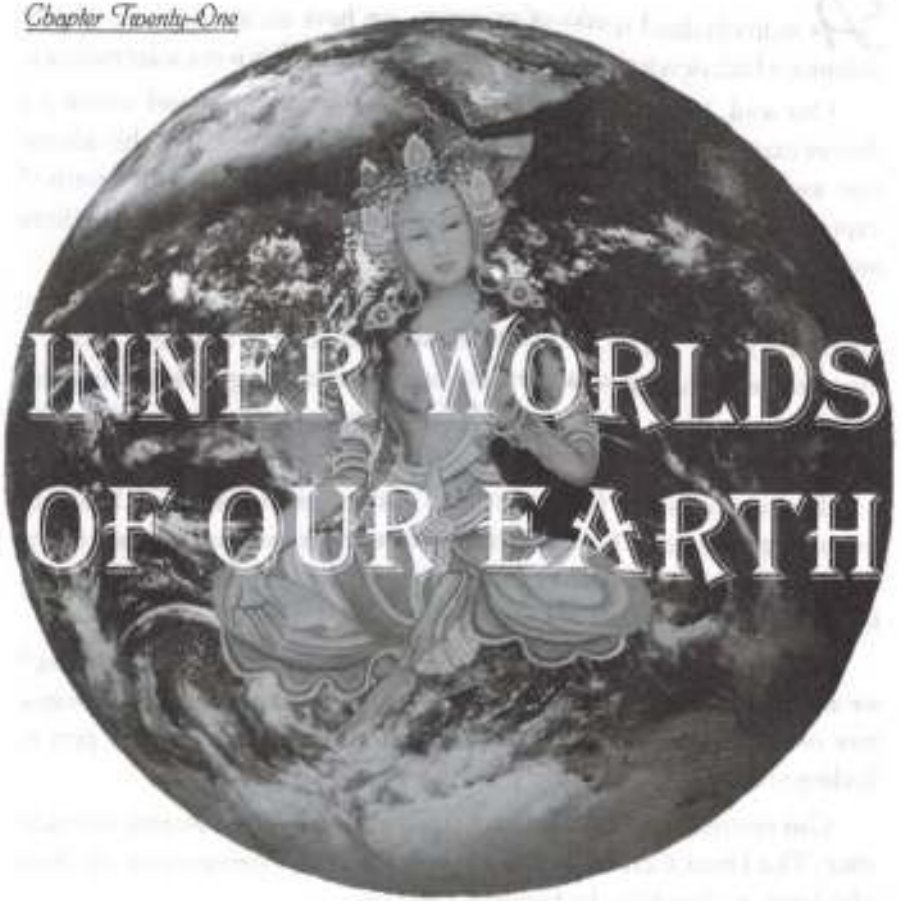
TWELVE SEATS OF AWARENESS



The Mother is us! She is the collective light of all those who are a part of this planet. As an active presence, She is the activity of those who are awake within the Oneness of our planet.



Chapter Twenty-One



INNER WORLDS OF OUR EARTH

Inside ourselves we enter the Earth. Inside the earth we find a part of ourselves.

This earth becomes space; space becomes the grounds of earth. Now is the time for that tantra to reveal a few more jewels.

As individualized sparks of existence, we have an innate sense of self-radiance which develops into individual confidence. This is our solar radiance.

Our soul, in developing greater individual awareness and wanting a deeper experience of Oneness, enters collective experience. In this adventure we continually bring forth our mighty I AM Presence into a form of expression, such as the body we now inhabit, the thoughts that we think and the actions we express.

The nature of our I AM Presence is without limit. The I AM Presence, yours and mine, shines forth within the same body of Oneness, which is everywhere clothed in whatever unique expression we give it. In our combined essences we have created the planet we live upon. We exist simultaneously within (at one with), upon and beyond our earth.

The part of us that is intimate with our bodies and our earth I call our *inner-earth essence*. Our inner-earth awareness is very surrendered to the inner wisdom of the collective play. It knows there is a great spiritual energy locked within the temple of form.

When our attention is riveted to the concerns of social consciousness,[27] we are exhibiting what I call our *social image*. These surface reflections evaporate over time like mist before the sun; nonetheless, they play a part in finding ourselves.

Our *eternal image* is that which is self-conscious of its eternal self-radiance. The Great Central Sun is the combined light-presence of all those who have awoken into the family of Oneness.



Our image as a body, to which I refer, means more than our identity through sensory-driven stimulation of egoic fascination. The body is a spiritual storehouse, a temple, an outpouring of light, a divinely focused decision and a dynamic part of the collective evolution. In short, it is a

[27] In this instance, I am using the term *social consciousness* to mean a shallow awareness which is caught up in what others think about you, gossip, and directing your life from the shadows.

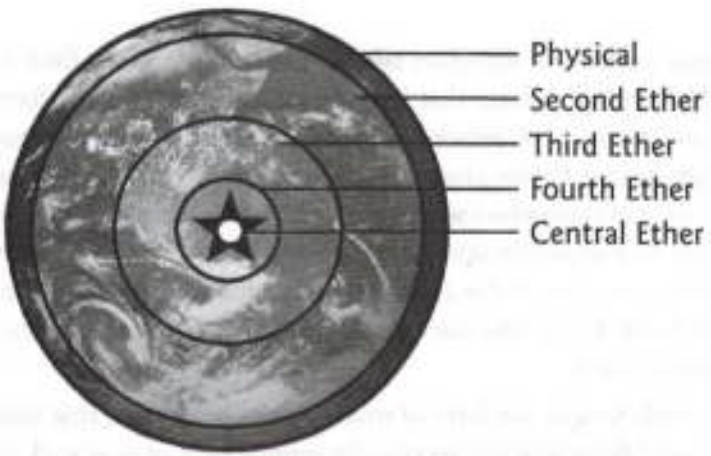
multidimensional existence in which every aspect reflects upon the other dimensions of its existence.

A deep part of us lives as a Presence within the core of our planet. Here, our soul moves harmoniously within our collective body of Light, beyond the confinement of time and space as we commonly know it on the surface. From this sacred focus, our spirit radiates outward, creating various levels of ethereal manifestation. Each concentric realm is more dense and forms another skin on our planet, culminating with the physical surface.

As you view the diagram below, understand that the ethers are not banded. Visualize a series of spheres, all with the same center point. The aura of each ether is inversely proportional to its physical size. The immediate auric influence of the physical earth only extends a little way into the space around the planet. Each of the inner ethers has a succeeding larger and more subtle sphere of auric influence around the planet.

This inner structure of the earth corresponds with our own inner structure. The universe has a way of repeating itself, any part having potential access to the whole.

This simple yet radical view cannot be easily grasped as long as one clings tightly to the illusory supremacy of individual personality. We must know ourselves as something greater.



Ethereal Domains within the Earth



Because of the difficulty in expressing these concepts in language and three dimensional diagrams, do not mistakenly think that the incredibly vibrant inner regions of the earth are actually separate from each other or you. They are separate only from the viewpoint of unconsciousness. In the more ethereal worlds, distance and space are not a function of inches, but of resonance, attraction, repulsion, similarity and attention.

Understand that the diagram maps the ether which would be most dominant if your attention was anchored in that region. However, the subtle consciousness which forms each of the ethers is everywhere in the physical universe. There could not be physical manifestation otherwise.

As an analogy, take your heart. There is a feeling that concentrates and wells up in the heart area. If you focus your attention and meditatively reside in the ether at the heart, you enter a rich, expansive and subtle world. The feelings concentrated here affect the entire body and may thus be felt in any part of or throughout the body.

Our Images within the Earth

The images we have of ourselves take root within the earth. Each image lives within a subtle domain that best corresponds to its nature, harmony and self-aware quality. A person who is fully awake as a multidimensional being in physicality, having created a harmonious image of themselves, can become aware of themselves within any of the earth's inner worlds, simply by focusing their attention upon that sphere of consciousness. Awakening in the deepest regions of the earth requires activation of your awareness above the head. Those who have done this will understand that the stars live within the earth.

The subtle images you have of yourself are a living light that acts as a template, qualifying how you receive the infinite light of your soul. If that image is strong, your body will receive from it a strong radiation. If it is

agitated, your subtle image within the earth will be broadcasting that radiation to your physical body. **You cannot ascend the body without first victoriously re-creating your images within the earth.**

You awaken a subtle, refined and eloquent inner awareness by cultivating your energetic consciousness into a like state. This is the wisdom behind all non-dualistic approaches, paraphrased in the saying, *"You get there by being there."* The spiritual journey "home" is becoming your own energy source, fully self-radiant and able to remain in that effortless beauty of joyful wakefulness while interacting and blending with others of the Oneness. Images of yourself which are based in struggle, in a need to draw light from others, cannot be a vehicle for your consciousness to express itself in divinity. To remain awake in the eternal eloquence of your spirit, you must bring forth an image capable of that expression.

The Earth's Etheric Veils

As you travel into the earth, you will find at the edge of each ether a thin veil, which serves to contain and protect the earth underneath it. It gives definition and integrity to the earth's inner structure, just like your skin gives definition to how your body looks. This boundary acts like a piece of photographic film which vibrationally records all your activities, or more accurately, the image of yourself doing those activities. If that activity is not harmonious enough, or is asleep to the awareness of that realm, then the film becomes a boundary through which that image of activity cannot pass. In effect, your image has become solidified in a way that limits its further penetration.

The strength of these veils directly forms the integrity of the planet. If the veil is weak, a disruptive consciousness could penetrate into the core harmony of the planet. In the inner core of a planet, there is little separation between thought and matter, so disharmonious images can have disastrous effects for the whole planet – even destroying it. Rest assured, there is no way that the integrity of Earth's inner veils can ever be compromised. That guardianship was long ago established. There have been other planets where this integrity was compromised, resulting in the whole planet being literally destroyed – grand experience in the sea of eternity!

It is a combination of how the inner veils are qualified into existence by the cosmic beings which oversee them, as well as the images humanity imprints upon them, that determines the subtle radiation available from the earth to support a greater spiritual awareness within humanity. The earth-shaking epics of our distant past, the type of karmas that a soul can carry with them while incarnating on the earth and the new dispensation we are presently entering, all directly reflect the evolving state of the earth's etheric veils.

Our collective awakening, at any one moment, can be seen in a glance by one who understands this science. Evolution is the long process of transforming the dense slate of the earth's inner veils into the pure self-aware consciousness of our collective humanity.

Etheric-Emotional Film and the Mood Belt

About twenty to thirty miles under our feet, a boundary exists between the surface and underlying ether,[28] which I call the *Etheric-Emotional membrane*. For the vast majority of humanity, their psychic experience, including dream travel, reflects between this membrane and another energy structure in the atmosphere which I call the *mood belt*. Every experience we have ever had, in all our incarnations on the earth, which still contains some kind of unresolved emotional charge is vibrationally recorded on this membrane under our feet.

Our collective spirit shines from the center of the earth through this membrane like a movie projector lamp shining through a piece of film, projecting the image upon the surface. These magnetic pulls of the past attract all their participants, physically or ethereally, until they are evolved. The outer form taken to embody the scenario may change, but the deeper emotional content will be the same.

[28] This is not meant to imply that there is not physical rock inside the earth. Rather it shows regions of the earth where there is a rich ethereal flux of this dimension. While a scientist looking down a hole into our earth may report that inside the earth is solid rock, if a person were to actually stand deep inside the earth, their whole concept of physicality would be greatly expanded beyond what is commonly accepted as physical. There is vast space and light within what is termed solid rock. The physical solidness can become as faint as the fleeting image of a fairy might appear to normal eyes.

As you heal and elevate yourself, you simultaneously do the same with the images within the earth. Becoming conscious of this affair gives you an inroad to become more conscious of the subtleties involved, helping you to develop awareness within the collective body of our earth. As the ethereal-emotional membrane becomes more clear, a greater light flows through it from our spirit.

The same memories recorded in the earth are also imprinted within your bones, your tissues and your subtle body. Simply put, you cannot escape the heritage of all you have been; you can, however, bring it all into the ever-expanding perfection – a literal truth for every one of us. As we each clear and heal ourselves, we literally increase the subtle enrichment of energy in our environment, both from within the earth and from within ourselves. It is all One.

The ethereal-emotional membrane has a close alliance with what I call the mood belt, which is a region of the atmosphere that lies about four miles above the surface. At some places the mood belt is pulled down towards, or even touches, the surface. The height of the mood belt above the surface is not fixed, so its contour and shape changes.

The mood belt is charged through the feelings emanating from the region below it. It functions to help cleanse and circulate energies. For example, the bustling vibrations of a city charge the air in the belt frantically. As the air moves and is passed over calm regions such as the ocean or forest, this charge is balanced and purified.

The mood belt and the emotional-etheric membrane act as limits upon which the consciousness of most people reflects and beyond which they never expand. How can we be attentive to life beyond our immediate circumstances until we become clear in our emotions?

The ethereal, self-created boundaries of awareness in the earth are not fixed in location, density, or even their relative existence. They are part of a dynamic interplay of life constantly balancing itself in the process of finding itself. The strength of their prominence changes by a conscious decision of the planet itself, regarding how various developments may be best served. For example, as I understand it, the emotional-etheric membrane was not so prevalent until 60,000 years ago. Before that, experiences were recorded deeper in the planet itself, the light from within the planet having a much greater outpouring onto the surface.

The personal ambitions and various power plays which try to penetrate and exploit the finer fabrics of the planetary structure create a density in the ethereal-emotional membrane. This density lessens the Light from within the earth that reaches the surface carrying a feeling of Oneness. Thus, people create for themselves a further sense of separation.

Through the conscious decision of the Oversouls of the earth, the veils were given certain additional properties of thickness, thereby limiting the rich outpouring of light from within the deeper layers of the earth to the surface. This was done as a protection to prevent people from destroying themselves through their own actions. It takes a lot longer to wreak havoc when you are playing with one hundred volts as opposed to a million volts. It also limits the domain of influence that disruptive psychic energies can have within the mass consciousness.

This withdrawing of the inner consciousness occurred because people turned their attention away from the purity of their inner source, which meant that their outer activities were no longer in alignment with the infinite wisdom contained within. Earth and the human body consciousness reflect each other constantly. What occurs in one, naturally helps to formulate the other.

Many partially awake souls on the surface could not understand why this light was withdrawn. This event is recorded in the subconscious of many as a painful plunge into greater struggle. Actually the light was still there, only people had to find it more within themselves through their own purity.

An example of a planet which did not undergo this protection was Maldek – a deep memory in the mind of humankind. Eons ago on this planet, which no longer exists in the physical, there was a strong infiltration by certain aggressive entities which wanted control of the planetary resonance. The consciousness of the vast majority of its humanity simply felt vulnerable and could not understand their part in creating what was happening. The inner forces within the planet were played upon through a skillful manipulation by an aggressive energy (from Orion), effectively polarizing the inhabitants into a greater outpouring of their own discord and anchoring certain manipulative activities through a type of etheric web involving a number of planets in the solar system.

The resultant imbalance of force deep within the planet, while not the intention of any party, literally destroyed the planet into an asteroid belt. I have been shown in several dream transmissions by certain Ascended Masters the exact incident and moment when that destructive energy penetrated

into the planet's inner ethers. A group of souls attempted to anchor a destructive thought deep within the planet, that it might gain force in its projection towards another group. The succession of events that followed happened very fast, like steering a spaceship racing a million miles an hour through an asteroid belt. The destructive energy multiplied so fast that in a matter of seconds it destroyed the whole planet.

The density of the earth's veils protects it, just as the integrity of your own body's subtle veils protects you. As more people are calling forth a greater spiritual awareness and harmonious lifestyle, the earth responds. Part of this response is the clearing away of suffocating images which prevent its light from being received in greater openness.

Our Earth is presently taking a huge cosmic breath, in which it is stimulating the destructive images imprinted on those veils and then washing them free of the earth. Those who take responsibility for everything that happens in their world can take this opportunity to grow. Those who continue to project everything that happens to them as someone else's fault are missing the boat.

If someone only knows their identity as the nature of their incompletions – that is, they know themselves as "a relationship they did not complete," "anger towards another," "the house in which they lived," "their ambitions," etc. – when they die and those images are cleared from the earth, this earth will no longer be home to that soul. In the magnet of their being, it will be like a neutral image quietly floating by. Their soul will look for some other place, where they can recreate that completion they so much want.

In contrast, a soul who, deep within, underneath the ins and outs of life, loves this earth, will when they die look upon the earth and remember why it was they came here – to experience the collective oneness called Earth. Such a soul will still look upon this earth as home and will reincarnate upon her, for they will be able to reach deeply enough into their soul to grow into the new dispensation the earth is bringing forth.

Each individual can find out, through their own explorations, more about their subtle existence within the earth. Some may experience it in totally different ways, or language it differently. All this can be known by getting in touch with the inner spaces of the body temple. Having accessed the spaces within your body, anchored from above the head, it is a simple matter to awaken to your inner-earth image, through the intention and creative visualization to do so.

The views are many. However the essence remains the same, which is the liberating finality of Love or cosmic existence, the freedom of Bliss, the strength of Is-ness, the manifest reflection of relationship, the beatitude of the infinite awe-inspiring expanse of the soul and the law of the One. The exactness of the law of creation forever holds true; it is the mechanism by which our universe gains definition.

Form, in all its aspects, is the playground of the Mother. The Mother is awake as Buddhic Awareness. The Mother is the expression of all those who radiantly stand awake as an active existence within the Body of the One, which is itself the Mother. For example, all those awake within the Oneness of the souls comprising our earth can listen to and speak the energy of the Earth-Mother.

As an individual, you are unique, a self-determined spark of radiance. However, it is through the Mother that you gain definition. She is everywhere. She is your awakening in form. As an insightful meditation, lie on the earth in a vital and calm place. Being near a body of water is helpful. Project your awareness deep within the earth and see if you can find yourself within it. Welcome to a new world – which you helped create.

Etheric Temple Templates

Many blessings come to humanity from ethereal cities, formed in specific places in the rarefied atmosphere several miles above Earth's surface and inhabited with beings in a radiant subtle body. The formation of these cities always corresponds to supportive structures of energy from within the earth. These temples of light help to purify the mood belt and act as places of initiation and inner activity. They also guard subtle templates of form that will guide the formation of future occurrences and structures upon our planet.

Some of these structures will not be built by hammer and nail, rather they will be precipitated. When the time is right in the collective consciousness, those carefully created templates will vibrate the atoms of their existence into physical solidarity. For this to occur, we will have to expand our perception of what physicality is, letting it become more responsive and transparent.

There are also ethereal communities of beings who live in cities beneath the surface of the earth. A geologist, however, might only see solid rock, because these cities exist in subtle dimensions and have their own space and ways.

Traveling into the Earth in Your Finer Body

Learning to work in your subtle body within the earth has a great impact in the details of your life, as well as the lives of others. It is best to keep the contents of your inner journeys to yourself, or only share with close friends on the spiritual path who understand the perspective of what you are sharing.

Visualization

Free yourself of agitation, quiet the mind and body and sit comfortably in meditation. Feel the top of your head opening, along with your hands and feet. Bring forth a subtle image of yourself. If that is too difficult, then connect that you are conscious of your Presence (like what happens when you hear your name being called).

In your mind's eye, look down into the earth. Feel a golden pipe of light coming up to greet you. Travel down this tube of light into the earth. If you cannot see this, then imagine it or know that it is happening. Keep your mind connected with the sense that you are qualifying your Presence in this way.

Another helpful visualization is to go in your subtle body to a lake, ocean, or even a swimming pool, diving into it. Give yourself the ability to remain effortlessly under the water without thinking about breathing. Sit on the bottom of the body of water and from there, feel yourself enter down into the earth.

Meditating in certain areas known as *inner-earth entry points,* particularly places that have a lot of crystalline rocks, assists subtle travel into the earth. These places often have an active feeling to them, with lots of inner activity.



While you are in the earth, open your eyes and see what is around you. This is a way to see all the images you have created in the past; from here you can change them and your response to other energies present. Even if you could not

see your image before, you should now be able to see it in a very subtle sense. Let yourself totally relax, with a feeling that your awareness is split between your physical body and your subtle image down in the earth.

At first it is difficult to know in what regions of the earth you are visiting. It is most likely the first ether down. Several times I have heard people say how they are going to the center of the earth in doing shamanistic work and inwardly I found that they are only going down to this level. The first ether down is a mix of energies and karmas; like our physical world, much remains to be worked out here.

Two and three levels down there exist very beautiful colonies of beings interacting in their inner-earth bodies. Some are human, others are various devic forms. Sometimes, ethereal spaceships originate from these ethers. In my own experience, I have had dreams of such spacecraft moving between the surface and these inner realms of the earth.

As you travel to particular places on the earth which seem familiar to you, it is important to go into the earth, find your image there and re-create it as an embodiment of your highest light. This work is very important; through it you can see and overcome difficulties that otherwise might elude you for a long time.

Certain places, such as Kauai, Sedona, Ruapehu, Hemkunt Sahib,..., are highly activated in the subtle energy streaming forth from within the earth. Such places give a rarefied energy substance that strengthens your subtle image, whereby you can more easily feel its projection. In these places, if you are conscious of the process, you can access and re-create your images existing anywhere on the planet without having to physically travel there.

At different places the Devas and various masters have created a tremendous blessing power through harnessing the already natural vitality in a particular place. For example, near Saranath in India, which is one of the Buddhist places of pilgrimage, lies an accelerator under the surface. This tremendous structure of light in an underground cavern is like the shape of a flower with many petals. The inner row has eight petals and in the very center is a circular platform with a covering of clear light. The yogi goes in his or her subtle body and sits in the center. As it is activated, the whole device, several hundred feet in width, begins to spin, thus quickening the atomic structure of the subtle body. Lahiri Mahasaya (mentioned in *Autobiography of a Yogi* by Paramahansa Yogananda), who worked in the train

station in nearby Varanasi, would often work with this accelerator and bring various people there in their subtle body.

Nearby in the same city is an underground device which is like a long row of columns in a deep rectangular trench. The whole structure is several miles in length. When activated, it projects a purifying beam into an ethereal city above. This beam is modulated and used by conscious beings for particular purposes.

There are dozens of light accelerators under the ground and within the mountains of our earth. Each is different, yet all of them are extremely helpful in what they do. Sometimes a Master will bring people to one of these places in their subtle bodies for strengthening, quickening and healing. These places are being given a greater and greater power by the Ascended Host at this time on the planet. Guy Ballard (Godfre` Ray King), in his books *Unveiled Mysteries* and *The Magic Presence*, talks of his experience with an accelerator in the Rocky Mountains under the Ascended Master Lantro, as well as one in a cave in the Badrinath side of the Himalayas, often visited by BabaJi and Koothumi. The Ascended Master El Morya keeps a constant activity of such an accelerator in one of the rooms of his retreat near Darjeeling. There are other places in the Himalayas that are home to greatly accelerated energy structures. Mount Shasta of Northern California is a well known accelerator to many people, one that is serving to great benefit.

While all the rays can be used in your subtle journey within the earth, the emerald green ray is of particular benefit in lighting up the area in which you find yourself and helping you see things that concern you. As you image yourself going down into the earth and sense your subtle image, feel as if an emerald green light is emanating from your body and lighting up the entire area. Take a note of everything that you sense and follow up on it.

It Is All Within

Travelling in awareness to the center of the earth, one may find the stars and travel to any place in the universe. The light of the sun shines not only outwardly upon our surface, it also shines from within it as well. Just as you can become aware of many places from an inner sanctuary within the body, so it is in the earth.

To awaken within the deeper core ethers of the earth, you must awaken in the subtle body of awareness that originates above your head.

From Within to What is

The soul incorporates both the macro and microcosms of the universe. Sensory reality appears at any given moment according to the way time and space are constructed within you. Common physical awareness is based on connectivity limited to three dimensional space and a smooth linear flow of time. In more ethereal realms, space and time are bridged through the closeness of one vibratory thought to another. The universe of your soul becomes what you notice or give your attention to.

There is literally a stabilizing overriding tonal matrix, like a grid, which serves to smoothly connect countless space-time thought atoms. This is the mind of God operating through beings of such cosmic stature that it defies the imagination. Beings come into your awareness who take form as whole star systems, ring nebulas and galaxies – everything in this universe comes into existence through consciousness.

Within the space of atomic nuclei, distances are very small, smaller in fact than the universal matrix which holds the dimensional doorways of space and time confined to the universe as we know it. Within the atomic nuclei there are dimensional doorways, bridging time and space, through which the entire universe eventually collapses to one infinite singular point of totality.

Within every point of attention, within every atom of thought and within every physical atom of substance, there exists a doorway to any other point in the Universe. This understanding forms the basis of inner exploration. It forms the basis of a whole new science.

The soul does not travel from one planet to another on a spaceship. The soul brings the attention of its focus into the center of a locality, which becomes its home, or its center of attention.

The soul is incarnate within the center of the earth, within the center of the sun, within the center of your body – the heart.



What is Our Earth?

Our Earth is the collective experience of many souls who have come together for the blending called Earth. Our Collective Light Body is focused in and as the center of the earth, which progressively projects itself into a multiplicity of existences and denser realms, such as our physical existence upon the surface.

Those who have committed themselves to being a part of this collective experience have blended their light seed within the central light of the planet, which gives them intuitive access to the collective psyche of the planet.

There are many souls who incarnate onto the planetary surface to fulfill desires and have never surrendered into the core light that makes up the planet. These beings, comprising about eighty percent of the population, have difficulty moving in synchronization with the deeper timings of the earth, as they are not inwardly connected to Her.

Understanding the earth as our extended body totally revolutionizes the way we approach life, the way we meditate and the avenues of our spiritual growth.

Because these bodies are microcosms of Earth itself, you can gain entrance into the inner sanctums of the earth through the inner sanctums of your body temple. Your physical body and your subtle existence within the earth are all aspects of your soul. The willingness and excitement of our souls blending within creation and finding a collective harmony I call our Inner-Earth essence, a feminine aspect of creation.

You have another aspect of your soul that remains free, transcendental and sovereign, which is your Solar existence. Your Solar essence is the creative principle of being awake, sovereign and self-radiant. With your Solar and Inner-Earth essences in perfect unison, you become fully awake within form. Together, these two aspects make up the interplay and the possibility of the human creation.

> As a tantric meditation, separately feel the left and right sides of the body, then intertwine them: the left side concentrates into an essence which weaves between the left and right sides of the body in its upward movement; the right side does the same. These two aspects passionately dance upwardly from the base of your spine to the top of the head, generating much fullness within.

Destruction through Discord, Sustenance through Divine Harmony

It is an absolute Truth that the world is sustained through God-Tuned beings. Without this unseen salvation, the world of form would and does fall apart through the destructive activity of discord within it. The very atoms of our world and our bodies are maintained in their proper harmony and state through the vibratory frequency emitted through God-tuned beings. The surface of the earth, the atoms of our body, everything around us, has received its certain "quanta" of this love as dictated by the Supreme power within all, according to the particular phase of evolution being supported. Each individual, as a creator, then has the free choice of whether to take from or add to this initial gift of creation.

When a society continually takes from the earth – even things we see as essential, like fuel for power – and does not give back to the earth, then that society is counting the days to its destruction. It is very exact, mathematical and precise. When a certain point has been reached, forces are set in motion whereby the discord already created results in the collapse of the entire society, sometimes even radical shifts in the earth's appearance. The atoms are then recharged through the absorption of intelligent cosmic breath, flowing through God-tuned entities.

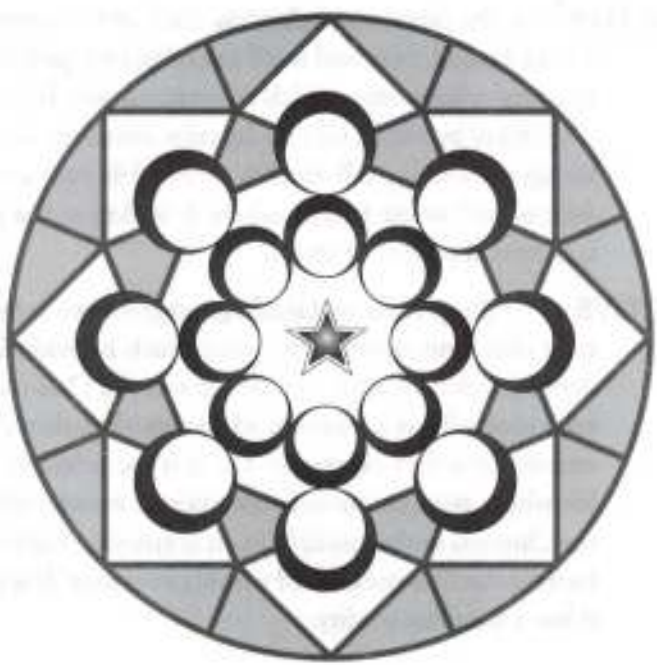
When a society gives back more to the earth than they take – through gratitude, through Love, through a giving nature, all of which are tangible forces received by every atom – then that entire society is uplifted to a new plane of interaction. If this is done on a planetary scale, the whole planet is uplifted to a new frequency of existence.

There is only One Giver, One Father, One Mother. A God-tuned being is the vehicle through which the Eternal Perfection is given. It is through the activation of the medulla oblongata at the back of the skull and the throat center, in coordination with the tangibly felt unflinching and consuming Love of the Divine, that this flow of Life-giving substance is given to the very atoms of creation. The only way that individuals and a society can really give back to the planet is through living in its Perfection, through attunement to the God-Self, the only Giver.

Chapter Twenty-Two

RESONANT, REFRACTIVE and REFLECTIVE

ELEMENTS OF THE MANDALA



Yoga often references the Mental (mind), Etheric (form) and Emotional (feeling) triad of creation. Here is another trinity of God. It is a playful look at perception to those already on the brink of greater realization and **who feel inclined to explore this particular perspective.**

It is not presented as a topic for another philosophical writing of the cosmos, which in truth can never be written. Rather it reflects a subtle way of aligning the pituitary and pineal glands in the head with the incoming energy from above, through certain ways of seeing and feeling. This type of seeing and alignment can only gain fruit through deep introspection into the liberating silence, where self-contraction vanishes and the Self begins to play…

Its consists of RESONANT, REFRACTIVE and REFLECTIVE qualities of consciousness.

RESONANCE – is the active principle of **Oneness.** It is why we can see, hear, smell, move, or know anything. Its basic understanding is that ultimately, everything of the universe exists in the same point, in the same place, which is the ONE-BEING.

REFRACTIVE – is the process of **definition.** Each of the senses of sight, sound, feeling, taste and smell are refractive qualities created from one whole sense, which is consciousness. It is the refractive ability by which we can describe anything, allowing two beings to exist and talk to each other while each are uniquely defined and whole in themselves. It is akin to the masculine quality and your solar image.

REFLECTIVE – is the process of **blending**, whereby we reflect within each other our shared experience. Each individual soul first defines itself as a refractive element of the One creation. As each soul reflects its essence within another, they experience emotion and they experience life. It is the reflective quality of life which gives emotional substance to manifestation and is the Oneness of the multiplicity. It is enjoying the music while hearing the One tone heard within every tone. It is surrender; it has a feminine quality.

To get a better feel of these attributes, meditate upon the *resonant* quality, or Oneness, as a heart quality within the center of the head or the heart. Meditate upon the *refractive* quality as the unique sparkling essence of your being, as the qualifying power of your will, as the choices of your life. For the *reflective* quality, first center in yourself, then think of someone whom you love and feel yourself and that person as two aspects of one being, existing in a unified space. The feeling that wells up inside you and reflects between the two of you is the reflective principle.

Evolutionary Mandala

The Evolutionary Mandala is the interplay of the three afore-mentioned qualities forming the picturesque views of life. The wholeness of life can sometimes be described through a mandala.

At the center of the mandala is absolute Oneness, the center of everything, or the *resonant* quality. It exists everywhere, but at the center it is the sole consciousness.

Radiating out from the center of the mandala are the various *refractions* of the whole Light. Each is an aspect of the Oneness, defining itself. It is on this outward radiance that the individual soul gains definition and becomes more aware of individuality.

The soul begins an evolutionary journey on a refractive ray, defining and vitalizing the existence of that ray. This stage of evolution results in Solar Mastery, or confidence and charisma in the unique flavor of the defined ray. It develops the ability to qualify the infinite possibility of the universe into manifest desire. This can be likened to the masculine principle.

The mandala can be visualized in the form of a sphere with the inside surface coated with a silver lining. The One light, concentrated in the center refracting outward, reflects on this surface and is turned inward. It is on these surfaces that all destiny is written. When a ray turns back into the creator to offer its light into the Oneness, it is truly the only free choice of creation. Everything else is mechanics, a causative progression.

The inward journey is the *reflective* principle. Having reached definition and perfection in individual evolution, the rays reblend into a greater wholeness.

Upon gaining full understanding of individual essence, the reality of the Oneness gains a greater and greater precedence and creates a longing. This longing turns a soul primarily into the reflective path, which is a feminine experience of blending and belonging. The maturity of the reflective path is full realization of the Oneness in which our full experience is offered back into the One Experience. And so the cycle continues forever, as one large mandala of universal existence.

All parts of the Mandala are active at the same time. This means it cannot be fully seen in our three dimensions. Cognition of further dimensions of connectivity within this imagery gives a way to "touch" subtle aspects of your higher causal existence.

The trinity repeats itself in countless ways. Taken down a notch we have the mental (resonant), etheric (refractive) and emotional (reflective) aspects. The higher mental is different from what we normally term mental activity, because it generates its own light (through consciousness), thereby constantly and instantaneously fulfilling itself through the radiant bliss of the Light.

As you position yourself closer to the center of the mandala, going deeper within yourself, inwardly that space becomes larger and larger. Correspondingly, as we look more and more outwardly, being very absorbed in the physicality, solidity and absoluteness of separation, the inner spaces become smaller and smaller, while the vastness of the outer universe seems to get larger and larger. Inwardly the nearest star can be reached instantaneously. Outwardly it is trillions of miles away.

Similarly, the physical space of a single atom is very small. Going within an atom, dimensional boundaries collapse and a very large universe is quickly accessible.

All manifestation is a particular condition, limitation, qualification, or modulation within the sphere of Oneness. Life really does get simpler! Consciousness is awakened awareness. Because of the Oneness you can experience blending. Because of definition, you have something to blend, which is an expression of joy, bliss, wonder! The universe is Perfect. Everything serves it and is consumed by it. There is nothing outside it.

Through each of us bringing definition upon the light of our existence, the universe grows in its outward expanse. Through the blending of definitions back into each other, we rejoice in our Oneness. Being consciously conscious is being awake to the Oneness.

Everything Is Perfect when You Are Awake to Your Eternal Perfection

Everything is Perfect; everyone gets exactly what they created and wanted. Many may rebel at this, yet it is true. Difficulty exists only because we have lost the sacredness of Oneness which is our core. We then exist solely in the world of our senses. By living in separation we create selfish desires, manipulations – many things which are not in harmony with the greater good. These desires form the pivot of our attention which then distorts our sight of the deeper possibilities within life. We must accept that no one else but us has created this world as it is. And it will not truly change until we surrender our hard fought self-righteousness back into the Love of Oneness itself.

It is my understanding that we become conscious of the *specifics* of our manifest existence only through the God-given qualities of Light, Sound, Feel, Taste and Smell, whether it be the physical senses, subtle senses, or even just a knowingness. It is the same consciousness that manifests sensory awareness within us, which is itself these qualities and which creates creation out of these qualities.

If you can understand this, you will have an insight into the power of the five-pointed star, which is a symbol of creation. ☆ These five conscious qualities are not inert, but are living consciousness itself, actually figure-headed in high angels of existence which make up the dream fabric of our universe out of the body of their awareness. It is God who sees through us and, in the process of seeing through us, is us.

Becoming awake from within we see, hear and feel directly from within as a kind of knowingness clothed in the senses. Yet the internal senses themselves are subject to distortions as well. Although the ego is less able to mask these distortions, it can nevertheless do so. When you identify directly with the oceanic radiance of unqualified awareness, you gain a pristine clarity that can penetrate into every nuance behind every sensory experience and intuit the underlying purity. Distortion unveils itself quickly and things are seen for what they are much more easily.

Everything becomes closer, more intimate, as you open the internal senses. Seeing something, you feel and become it. Connected with each internal impression is a host of intuitive understanding. The more you

dissolve the "sense" of separation, the more you understand without needing to understand. We exist not in the separation of what we each sense, but the infinite and gloriously joyful Oneness of it all.

Developing your inner sensory awareness assists your spiritual growth and joy, provided there is the matching surrender into the Oneness.

As thought and energy resonate into the body through the inner focus of the chakras, they create internal light, sound and feeling. Through focusing attention within, you develop your inner sensory awareness. Through being able to distinguish the vibratory frequency (or feel) of phenomena, you can follow it inwardly to its source and thus identify your existence upon higher and more refined levels of creation.

You can also become conscious of the origins of anything you view on the inner – a strange dream, a discordant and interfering thought, or a happy feeling from someone you do not outwardly know, can be traced to its source. You can thus move much more intelligently in the world, saving yourself unwelcome surprises and finding long forgotten friends from within.

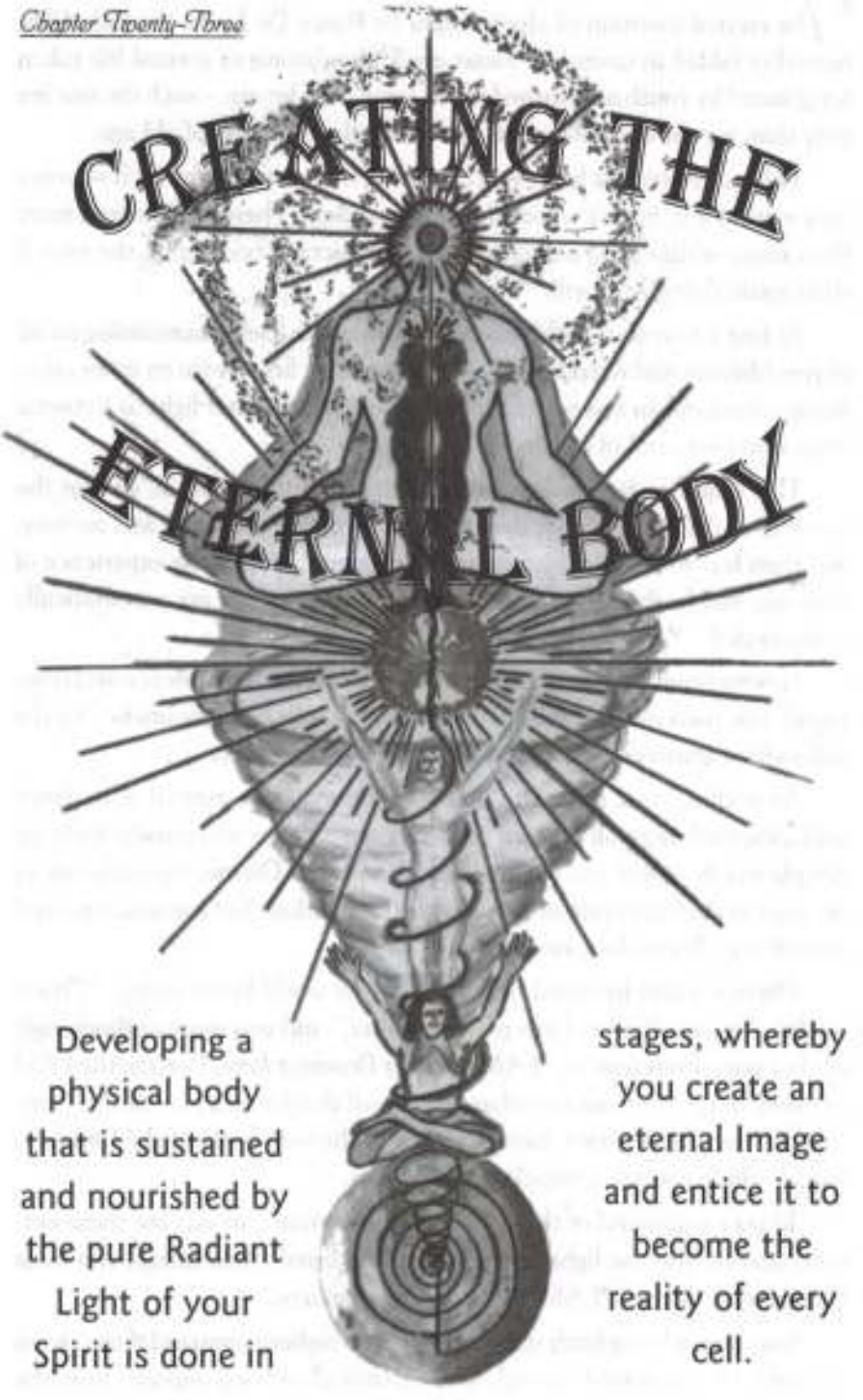
Do not let your meditation degrade into constant mental or telepathic chitchat. This goes nowhere in the long run. This chitchat holds the attention on a psychic level, thus distracting your attention from reaching deep into pure self-radiance, where true communion occurs.

Follow the pure tones and self-radiant light into the effortless space of heartfelt existence and cultivate the silent feeling of inner Oneness. Establish yourself in the pure Light of Self. Chitchat meditation has its place at times, however remember that in the deepest chambers of the Soul everything is understood wherever you look. The eloquence of silence truly contains all wonder.



Chapter Twenty-Three

CREATING THE ETERNAL BODY



Developing a physical body that is sustained and nourished by the pure Radiant Light of your Spirit is done in stages, whereby you create an eternal Image and entice it to become the reality of every cell.

The eternal fountain of elixir sought by Ponce De Leon, the pill of immortality fabled in countless Taoist epics, the dreams of eternal life taken for granted by youth and wished for by some of older age – such dreams are only that, for the eternal body is no fable, pill, or polarity of old age.

The eternal body is here, a fact awaiting to be manifest by each who not only works for it, but for whom the time has come. There are Masters, more than many realize, who can cloak an indestructible body upon the rays of their spirit, doing so at will.

At first we create a body which can rejuvenate itself, maintaining an air of youthfulness and regalness. To do this, we must first create an inner sanctuary, command an image of light presence and draw that light as a cosmic force into every cell of our body.

This requires the absolute attainment of harmony within, so that the currents of the mind are not drawn into destructive criticisms and activity. You then feel your eternal spirit, at that moment, having the experience of who you are. In this way, all limiting frameworks of age are automatically transcended.

Having firmly developed regular voyages into the inner silence and command, you then use this authority to feel your cells being nourished by the self-radiant transcendent light on every frequency of life.

As within, so it is on the outer. Experience this eternal abundance springing forth from all types of activity, nourishment and sensory feelings. Simple words, colors and sounds are rich with the Divine. An exchange of energies in the environment is part of the flow within the Oneness, a natural abundance of non-dual awareness.

There is effort involved only because the world keeps saying, "This is duality. You are duality. Let's play in duality," and you must unflinchingly anchor your awareness in, ***"I AM the only Presence here,"*** feeling the I AM as everything. You must see what others call duality as a play of the Oneness, feeling the constant inner Perfection, the very heart of the Oneness, within which you are a vehicle of expression.

To take command of the body's energy currents, to elevate those currents and to fuse the light of your already Eternally free image, you must become that decree, "I AM the only Presence here."

You cannot bring forth the clarity of your higher command if the atoms of your body are moved around by one hundred and one imprints from the

ideas of unenlightened beings. Thus you must understand your own presence, your I AM Presence. Please do not mystify this; it is as simple as the words just spoken.

This deep penetration and application involves a lot of sensitivity and sustained focus. It cannot be done through the mental effort of decrees alone. You must burn the candle from both ends. This victory can be obtained through an hour of meditation a day somewhere between the other twenty-three hours of karmic activity and unconscious sleep. It takes a sincere application of meditative awakening. This is something that you begin right where you are and keep growing with, keep building upon, keep in the freshness of it.

Understand why this work so often needs the sensitive environment of nature and clear spaces, rather than the busy hustle of the city. Do you think it is an accident that the Ascended Masters and many of their advanced students live in the rarefied atmosphere of remote mountain regions?

To do the long, insightful and awakening meditations hours on end, you need the feeling radiations from the Masters who live in the spaces which you are awakening.

Balance must be dynamic and pure, which is a practice in itself, free from anything but the spontaneously Perfect Flame of your Presence. This is a transformation of your whole world, every cell of it. The disciplines of Eternal Yoga include not only dynamic exercise, meditative techniques and silent formless meditation – they also include the parts that cannot be given to technique: the surprises of life, the beauty and challenge of relationship, the opportunities to serve and bring forth your Light in its higher aspect in all sorts of ordinary situations.

> Through the Grace indescribable, through the descending of what you are from above as the expansion of your ever potent Perfection, the Ascended Body becomes reality and Oneness becomes your family.

To elevate this from a mental application to something truly registered in every cell, you must put it into definite instances of action and stand behind your outlook, beyond doubt.

This is the force of *Sat Naam* – the qualifying power of radiance – I AM. When it is cold, qualify yourself as warm. Even if you do not feel warm, keep your attention on the fact that you feel warm. This is a way of **getting there by being there.** Through intention, everything needed will reveal itself.

This sadhana must eventuate its fruits – the loss of any division between your thought and manifestation. This is a power of God; to reach it you must become One with your inner source which is God. The Outer has surrendered any sense of personality that is not aligned to its inner Perfection. All that is left is God, Oneness and ever fresh Joy! ❤

Even while in the grip of duality, never cry defeat, rather affirm inside and feel everything, all the different personalities and possibilities, as simply the same body overseen by the higher presence. This courage is the only way that anyone has succeeded in this Awakening. That is the power of application, the power of your Soul – which is its qualification of existence into specific creation. Attunement through decree is the way to be there, so that you get there in ever greater degrees.

There is a story of a Yogi who meditated in the beautiful soul inspiring Himalayas for centuries upon centuries. He stayed so still in his body that the ants built a colony around it, completely covering him and consuming some of his body. Then one day another Yogi came and visited him. Stirring his attention, he shared a simple chant, a vibratory application of his soul as the infinite. In a flash, the body was dissolved of its corporeality into its free form of the infinite.

Such is the power of stillness into the cosmic beatitude, the nerve strength of the Yogi, the unseparated movement into definition – I AM. The ascended body needs no external substance, not even air. It is purely created from definition upon self-radiant Light.



Meditation on your radiant image brings the understanding necessary to start feeling your eternal body as an actuality. You purify the energy channels in the body so that they may sustain that feeling. This science is inwardly revealed to those who are ready and initiated from the realms above the head, deep into the heart and the very bones of your bodily existence. It will demand everything of those who are willing.

The Breath of Eternal Life

As outer agitation is overcome, the yogi's attention becomes absorbed in the silky fine and continuous presence of life within. Soft inner absorption into universal cosmic spirit and the ever-radiant force of your light image in action become simultaneous and no different. Your reality becomes the effortless activity of Light.

Out of the infinite possibility of stillness, bring forth a definition of self-identity within your Presence of Light, which is sustained solely by the Radiance of Light – I AM, without limit. In such a body, you are able to purely and vitally manifest and experience any desire of your universally attuned soul.

The active mind in the play of duality does not know itself beyond the in and out reality of the breath. When the mind becomes still, the breath becomes still. An Eternal Body cannot be created from the world of duality, but only sustained by a knowingness beyond duality, that becomes the body, free of any limiting qualifications.

The fine presence attuned to through the still breath is not necessarily the image above the head. Most often, it is your subtle images within one of the bodily chakras. The yogi must link these images to the consciousness above the head. It is only by grounding your image from above the head that you can fully integrate all the realms as a single self-conscious expression.

Beyond the world of duality is the inner flame of every emotion, the finality of every action, the joy-filled aliveness of everything which is. Can anything be a more worthy goal, a better life, than that of Love? Pure love is the supreme emotion, manifest tangibly in the unique form of your creative existence beyond touch of the robbers of doubt, insecurity, fear and emptiness.

When the outer breath is stabilized in its stillness, the outer turbulence of the mind is dissolved and wisdom of completeness is self-evident, dawning like a bright Light within the bosom, well earned through countless lives of striving in the Divine play. To notice the inner stillness and the Light that lies within it, you must move into that stillness.

To reach this completeness of outer necessity, apply yourself with all the purity of attention you can hold. Breathe deep, use the God-given power

of breath, of mind, of emotions as an offering to your glowing flame within. Use this offering to bring completeness. Exhaust the breath through using it to purify and so elevate the body's voltage that it becomes silent in ecstasy, consuming the mind of outer notice and turning its attention to where it is first born.

The movement into the Eternal is so deep, so profound and so simple that the radiations of those who have accomplished it become essential. The way I see it, the Eternal Masters **are** the path, for they are the very Light we are becoming.

For those wanting a technique, many are offered in the *Eternal Yoga* book (see appendix), yet understand that techniques alone are not going to get you there. Even more preposterous is the idea that study groups will get you there. It is the TOTAL movement of your life, which includes not only techniques, but also the courage to shape your life in a way that is responsive to this awakening. Understand that as far as the outer world is concerned, one who wants the Eternal Body has retired from ignorant social restrictions and demands. You cannot create a Body Eternal, formed and sustained from your Eternal Presence, if it is guided by the social presence of others.

This is not possible without the sustaining power of inner alignment through meditation. This is not a shutting down of Love, of gifts from the heart for others, of righteous responsibility, of participating in a caring and intimate way with family and friends. It is, however, the severing of the idea that you need anything from the world for the success of your goal. It is the ability to see the world from the eyes of spirit, rather than from the eyes of limited personality, to stand courageously with Love and Wisdom. The real heartthrob of your existence must be the Love of feeling, expressing your divinity and becoming absorbed in that Divine Reality. The sensory thrills and dramas captivating the attention just cannot compare any longer to the continuous glowing, flowing, ecstatic silent flame within.



Then you can experience the outer and inner world as One. Ropes and shackles can never bind such a one, for they simply dissolve into the Loving light composing the sea of existence. Such a being has it all!

It is a banner of the coming age that the lessons of disease and forgetfulness will no longer be needed. The inhabitants of this new age will grow to a level of consciousness where radiance and continual joy will become the established reality. In such an environment, those who have mastered themselves into the Eternal Body can step forth more visibly into society as a whole, to further announce as a living witness what each can truly obtain for themselves. The release of this type of radiation into the collective psyche by the Ascended Masters is of untold benefit and quickening.

The technology and assistance to help boost us into our next level of evolution is now available to all those who are willing to do the inner work required.

Within us we already contain the innate intelligence to maintain and create an eternal body. It is a matter of reprogramming your stream of thought, maintaining absolute harmony and not buying into existing levels of social consciousness that weave a web of discordant thought. It is a matter of activating dormant potential and permanently grounding your eternal living image, forever connected to the effortless wisdom of higher formative essence.

Can you not see the value of living in an environment which supports the purity and opening of such awareness? We call these environments *Shambalas*, for they exist in Mother Earth's harmony. Such places are heightened and sustained by the radiations of the Masters living within such environments. These radiations are so very valuable to the growth of the student.

Go above your head daily, decree, call forth and create a sacred chamber of diamond light in which you meditate. Bring forth its scintillating column of upliftment, like a tube, down around you and your meditation spot. Do this every day. Unite above and below as one continuity of consciousness.

Purify and quicken the physical cellular body to become responsive to your spirit flowing through it. Clear karmic cellular memory, so that you are free to move forward. Release past limitations into the blossoming of wisdom. This is the exactness of the Law that none can escape. Apply yourself on every level from your physical diet to the abundant flow of your infinite spirit directed through intention, alignment and prayer.

The atoms of your physical body will reveal the bliss contained within them and the consciousness which created them. The greater truth will become evident that everything is alive and generated from consciousness. Can you feel a tree, a plant as a dancing form of life? Can you sense sunlight as a living light nourishing you in ecstatic consciousness? Everything is alive!

Dynamic yogic exercises and kriya provide a platform from which to purify, lighten and quicken the physical vibratory rate to accept this new reality. It is part of the groundwork. You must then creatively apply yourself to grounding the inner knowingness into your physical cells.

Meditative techniques create the internal stability and initial openings. From here the process of realizing the Eternal Body is carried forth through interaction with the Beloved Ascended Masters. They will help you stabilize radiant subtle awareness of your being, by the radiations they carry from the fact of having already done it.

Creating the Eternal Body is far beyond just breathing, meditating, or half desires. It is a total application of your divinity. It is Grace, so much so that the heart rings out in gratitude. It is entering the happiness of Bliss. It is a deeply established relationship with your existence in the realms felt above the head, while maintaining physical awareness. **As you continually bring forth and awaken to your image, existing in Eternal Perfection and residing above the head, it takes total command of the physical cells of your body, changing you emotionally, mentally and physically forever.**

Part of the willingness to undertake this evolutionary step is understanding that your personal growth is intertwined in the collective psyche. You must set yourself free in many realms, many scenarios, many relationships and many instances, with love, compassion, wisdom, commitment, divine identification and grace.

Every Master who has gained the ascended freedom has transcended the limitations of religions, dharmas, cultures and techniques which have formed part of their stepping stones. Liberation is found through gaining familiarity with the radiance of your own presence and the feeling of Oneness beyond all walls. This does not necessarily imply that such cultures, techniques and ways become useless, rather they have their particular domain. As an analogy, take your everyday language. It is very useful and does not become useless when you are enlightened. However, there are inner realizations and unities where words are useless.

The Grace of Our Living Mother Earth

It is impossible to create either a fully regenerating or an eternal body without the Grace of the Mother. For even if you do not understand it, the Mother maintains the existence of every form upon her surface, in many levels of nourishment and creation. A being who has surrendered into the core existence of the earth can experience themselves as a body which is maintained from its image deep within the earth.

Do not think that obtaining an eternal body can be done through the force of egotistical will. You are already Eternal Spirit. The ability to gain full freedom in form is the providence ordained by your soul through the blessings of the Mother. On this earth it requires a deep resonance to feeling comfortable here, for you are resonating within the earth itself and Her atoms make the substance of your body. The Mother does not think of just one individual, but how that individual fits in and benefits the whole, which is the reality of Oneness. **Discovering yourself from within the earth, deep below the limits of shamanic exploration, you can obtain the liberating grace from the Mother essential for creating the eternal body.**

When you have come this far there is no turning back. There is no one to complain to, as the Universe is returning you to yourself. How wonderful, what Ecstasy! Achieving the Eternal body is a spiritual attainment that is more than just making a quick affirmation. The process brings up every constriction, every limitation.



The Mother as the Goddess, as the vitality of form itself, will personally, intimately, inwardly come to you, and initiate you Herself, in the form most appropriate. She will bring you into every frequency, every nook and cranny. She will manifest your resistance, and she will become your Lover – when you are ready.

She is you, she owns you, she made you, and she will consume you.

You as eternal being, as self radiance, will fulfill her through Love, through kindness, through the commitment to bringing forth your perfection which always resides within.

Meditation as a Commitment to Clarity

The spiritual path begins through your commitment to clarity. When you do not feel clear, do practices and meditation to regain that clarity. When you are clear you can intuitively listen to and follow the spiritual path. The practices become a necessity in maintaining clarity.

Just as each of us in time reaches a stage of our spiritual progression where we no longer need to eat to sustain our bodies, so it is that in time the outer kriyas are no longer necessary, the whole process being transferred to a delicate process that is worked from within.

How many of us have reached that stage of not needing to eat? Use the techniques, kriya and the breath as tools to nourish your journey to the infinite.

However, the tools are not the finished product. The starting and ending point are the same affirmation of your realized divinity. Each must strive for their own definition of light. Techniques give substance and focus to the directing force of your sacred decree. Then techniques will serve you as part of your application and you will make rapid progress.

The chakras need to be open for the vibratory power of your word, your decree, your intention to take effect. Opening the chakras is a fruit of meditative practices. The initiating habit of knowing, trusting and acknowledging the Divine as the power to succeed at anything and calling this knowingness forth, while courageously surrendering the outer mind into feeling this inner light, is what keeps you on track and moving not sideways or in circles, ever expansive.

Translated in practice, this means moving a lot of energy, breaking down emotional and mental blockages. Open up your flow of life-force and release self-contractive karmas. Gain the feeling of simple, happy Joy! Use the body, exercise, breathe, feel. If you cannot hold a silent meditative focus, get up and exercise or do a kriya to increase the energy level or release agitation. Then sit.

As you continue over the years, become more and more established in the refinement, softness and clarity of your practices. Invoke longer and deeper silent mediation, yet keep the practical transformational power of dynamic exercise and kriyas right on the fingertips, so to speak.

Longer silent meditation is important, because a trap can develop whereby practitioners think they have obtained the liberating outlook simply through the raw force of prana from practice. Every angle must be continually applied – not just as the liberating techniques of individual focus, but as a transformative and penetrating force in greater service. Long deep meditation into cosmic truth is a vital aspect of this balanced application.

Liberation is not achieved just through the power of prana, rather through the unflinching and stabilized power of inner alignment and the ability to hold it all, peacefully, while ever acknowledging the Divine in and as it all. No steps, no hidden pockets can remain in this process. All the years of practice are simply to become fit enough to hold the inner alignment, unflinchingly, through the finer points of your victorious application.

When alignment to your inner God presence is held, then the constant flow of Grace, which is the real liberating power, is evident and active. Create a momentum in your transformational practice and guard its sacredness. *Sacred Intention is the key to effectiveness and inner understanding.*

By gaining inner familiarity with the spaces that each meditative practice evokes, you can bring further creative application to the practice.

We have all been at various heights of consciousness at one time or another in our soul. Maintain it and you will be an ordinary enlightened being, which means that you are at home wherever you are. Then you will have that extra, the extra-ordinary experience.

Over the years, through an inner relationship with awakened family, transformative practice centers more and more around silent, deeply internal and awake meditation. Develop a relationship with every ray, every aspect of yourself. Grace yourself!

Real practice is remaining in the sense of that inwardly-born Joy. Transcendent, alive, pure, blissful Love will embody itself through countless Masters meditating you into your Perfection. Becoming conscious of this Light is worth more than all the outer adventures of the world could ever offer while you are unaware of this Light.[29]

[29] Give it the time over the years to blossom forth, with consistent meditation, applied in the spirit as exemplified in the words of Paramahansa Yogananda: "The minutes are more important than the years."

As an example: if you have been mulling over a difficult situation in your life, wondering what action to take, what to do in the face of certain outcomes – the mind is at play. Sit and quiet yourself, using conscious application of the breath to help. Then pull in all that field of thought with the subject concerned and place it before you. Feel yourself reaching into any space of the universe that is concerned with the subject and bring it all into you. Then hand it over to the inner Joy of Perfection and KNOW that the higher self is all-powerfully orchestrating everything to the best possible outcome; KNOW that you will know everything that you need to at the Perfect time (not necessarily before). Do not let the mind shift out of that knowingness. The ability to hold that affirmation **is the application of Yoga.**

What is it that makes the practices of Eternal Yoga more than say, kundalini, bhakti, hatha, or kriya yogas, or the many other schools of technique that all form a part of Eternal Yoga? It is the emphasis of awakening the realms above the head, drawing forth that image into the body. Without this it is not Eternal Yoga. This Yoga is very practical and uses the skillful techniques developed over the ages as a vital part of your application towards this unity of above and below.

The subtle body of Light above the head is nothing more, nothing less, than learning to live without struggle. Learning to live in the subtle body above the head is a great freedom. It is the power of emotion, the power of idea without limit. It is effortless movement, connection through the sheer power of attunement. It is the place where incredible aliveness is the natural state of being. The reason it is above your head is because this state is not yet expressed in the physical body. It is above your head because it is beyond the idea of struggle, of effort. To bring that perfection down into the physical, you must remove subtle, yet deep-seated distortions from both the physical and light bodies.

It takes a tremendous depth to understand how the broad general approach of the soul translates into the nuts and bolts limitations showing up in your life. Such depth enables you to see the Perfection involved in the Ever-Expanding Perfection of the many in the Oneness, to see how God is working through countless lifetimes to give you a certain understanding, that you may gain the infinite elastic consciousness that turns a world and never misses a beat.

Decree

Cultivate your inner awareness of what lies within and steadfastly acknowledge the boundlessly radiant joy of perfection. This will enable you to grasp the teaching (explained by Saint Germain in Godfre` Ray King's [Guy Ballard's] books) that the infinite substance, God, Power, Love, Wisdom, ..., cannot manifest anywhere in the universe except through the channel of a consciousness, i.e., an individualized entity such as yourself. Then the self-conscious awareness of the soul is complete so that it may courageously manifest itself into the Divine Perfection held within it.

> Sit in meditation and dissolve the mind of outer activity, achieving an inner stillness and openness. Then apply yourself with totality to the thought, **"I AM BLISS,"** as self-sustaining intention, constantly bringing your whole being into that experience. *Feel* the affirmation anchored from above the head into the physical body in a constant, steady and self-sustaining manner. Feel specific, exact places in the body, such as in the heart, or throat, where this energy may become particularly abundant.

There is no limit to the power of affirmation when it is correctly aligned and understood. The first and most important empowerment is understanding what "I AM" means. Meditate on this, reflect on it and surrender any limitations you have of those words so that they represent the ever-present, all-powerful, all-knowing divinity, present in every atom of creation. It is your Eternal underlying beingness which you are recognizing with the words, "I AM BLISS."

Understand that your affirmation works in the field of your totality. If you half want one thing and half another, there will be a conflict. The same is true if your mind is divided in its attention during meditation. Better to state, **"I AM Clarity Revealing Itself."** In the proper use of affirmation, all the strength, wisdom and subtle opening you have gained through meditation, kriya and higher experience come into play.

Look in the Bible at words such as, *"I AM the Way, the Truth and the Light."* Understand the power of such words when taken into personal application.

Some describe the cosmic experience as ever living Joy, forever fresh and captivating. Some simple affirmations use mantra, such as inhaling the sound *"Ong"* up the spine (from the base to the top of the head) and exhaling the sound *"So Hung"* from the top of the head down to the base of the spine. It means **"Infinite Am I,"** and dissolves the egotistical sense contracting your light. As an application, remain awake while at the same time dissolving the concept of identity limited to the already sensed senses and the already thought thoughts. What is left is the continually living self-radiating Presence – I AM, the active flow of God – my Soul!

Precipitation

The power of the word lies in the degree of connectivity its speaker has with the causal force and idea that the word represents. For example, a yogi who has a direct causal experience of the element of gold, of the primal idea, particular radiance and qualifying power of it, can, through simply speaking the word "gold," or thinking of it, penetrate and bring that vibration through the ethers, qualifying the ethers in that quality of gold and precipitating it into manifest existence.

Behind any precipitation there must first exist its seed, which is already accepted into the ethers of its manifestation. For example: it is easier to heal a diamond of its fractures through the power of decree than to create the diamond from thin air – because the diamond already existed and thus the seed thought of it was already present in creation. Much of precipitation is simply giving visibility to subtle ideas that are already present in the etheric atmosphere through the appropriateness of them being there – the perfection of the moment.

For any precipitation to be stable, the seed of its existence must be generated and introduced by the Perfection of the Oneness. *"I AM The Precipitating Power, The Precipitating Presence – at all times in perfect harmony with a perfection of timing which I innately know, help bring forth and trust."*

Surrender

Some of the words in this book may sound like a license to ultimate freedom; indeed they are. But it is a freedom in which you will earn and write your own license by the virtue of consciousness. **Do not make the mistake of thinking that surrender is not needed in the path of a seeker. It is – it is of the utmost importance as a first true step.** Without willingness, you cannot gain realization. You must surrender to what you know is true and this holds true for all of creation, whether you are a confirmed master or a beginning student.

Bhakti is the art and love of surrender. Its forms are so widespread that you may experience it in a temple, a church, or nature, in the company of saints, or in the silence of your own being. Bhakti is the opening of the heart to a level much deeper than the concerns of the outer mind. Whatever form your Bhakti takes, surrender what is limited – such as the chitchat mind – by leaving it at the doorway of the sanctuary you enter. Surrender by bringing forth the silent mind, which is then free to become aware of the subtle and profound.

Surrender has a constant guardian; this guardian is the inner self, your guardian angel, which is your conscience that knows when it sees truth. So what is it that you are surrendering? Surrender the outer seeking of the mind to the constant knowingness that you are True. Allow the manifestation of divinity to flourish. Your commitment is to keep the outer as a servant of the inner, to constantly dwell in the majesty of the Divine through this surrender.

In terms of community and the benefits that can only come when a group of people are aligned with each other – the challenge is for each person to purely enter their I AM Presence. In this way, we move in harmony, each stepping forth at the perfect moment. Recently, the Ascended Master Koothumi showed me that a group of people are necessary who are all in their own power, their own I AM Presence and able to work together and receive the teachings of the Masters. Such a group of people will be able to bring forth many gifts for humanity. Alignment is the key for our collective growth. True alignment occurs in Oneness. The doorway to Oneness is the purity of your own Presence, self-empowered, radiant and in love with the Perfection contained in the higher harmonies.

Overcoming Death

Death is letting go of limited identity in order to purify yourself, that you may enter a fresh new round of discovery and experience. In a world bound by limited experience, with personality bound to form by a seemingly impenetrable veil, death is a most necessary event – the return of all limited identity to itself.

An Eternal Life practitioner must die to all self-limiting existence if they are to reach their objective of eternal life in the body. The Ascended Body is the full alignment of the physical self as an outpouring of the inner Perfection. They are one and the same event. However, there is no compulsion that you must keep your expression in the form of a physical body; rather, it is a matter of enlightened providence.

Knowing yourself consciously, you may partake of a new dimension, the timing of which is ordained by Mother Earth herself. Part of the curriculum of this new dispensation is that the death of the limited personality may occur directly in one's subtle energy body. Because the practitioner is conscious and has purified the body, the physical body does not have to die with this letting go. It can be re-created as a responsive expression of Divine personality which can play a variety of roles, adapting the physical body for each one.

Death is necessary for the dynamic evolution of life; we must learn to die daily for an ever new life. In time, the whole process becomes accepted and elevated and we refine ourselves into the Perfection of our Eternal Presence. With this, the concept of death and life as we know it will cease to exist and will be replaced by entering and exiting at will the various modalities and domains of conscious experience. The alterations of experience through these domains, amidst the ever-present unchanging awareness of consciousness itself, are the cycles of life.

Death is the purification of limited identity in order to receive the image given by eternal spirit in a fresh way. When the consciousness that sustains and creates the body itself is not limited, then the body need not die.

There is a teaching that in order to enter certain higher realms of awareness above the head, the physical body must die. This is a partial truth. If the consciousness becomes fully absorbed in those realms, the body does

not receive much attention and is left in an immobile state. However, if the adept knows themselves from their very core – I AM, embracing life – they can maintain the physical body as an art of that consciousness. It involves an incredible penetration, which is fueled by the power of love being able to express itself into the physical. This we have found to be possible with one's Twin Ray!

I have had certain experiences where beings have come and said, "That what you are cannot be, you cannot stretch the soul over such an expanse of the realms." Yet it is like saying, "I do not believe what is before me." Look at the great Masters, such as Mahavatar BabaJi. He enjoys life, enjoys walking, interacts with others and yet can hold a universe in the expanse of his consciousness. He can be ordinary and beyond comprehension at the same time. From my present knowledge of such beings, I, for one, would dismiss any limitation that creates a split between the body and the infinite capacity of spirit.

To Live in Eternity!

Creating an eternal body is coming into a state of Oneness with manifest consciousness. For those who are ready, this simple teaching was given to Shantara Ma by a Cosmic Master.

*** There is only ONE Body. ***

*** There is only ONE Tone. ***

*** Blend every Tone into the ONE Tone. ***

*** Hold this Tone no matter what. ***

*** Never divert from this Truth. ***

Jumping into Cosmic Consciousness

In taking the jump into your cosmic awareness, the idea of your individuality as a force that operates independent of the Oneness dies. Some people have a great resistance to this death as they equate it with a loss of freedom and the inability to carve their own destiny.

Once you connect with your I AM Presence and understand its governorship and the value of this, there is no longer any choice from a conscious viewpoint. The individual expression out of alignment with the perfection of its own higher Presence is no longer a desirable option.

When your life is governed by your I AM Presence it is in harmony with the Oneness. Stand up and call forth your Presence. Feel its light, your opening, your tremendous sense of freedom, of joy and the ecstatic beauty of living and moving as this light. Truly, this brings infinitely more freedom to the individual expression than that available prior to this awareness! All that has died is the individual as a force separate from the oneness, which in truth is an illusion anyway.

However difficult it may seem at times, really there is only one *conscious* choice – to keep calling forth your own Perfection. A cosmic being thoroughly enjoys the light of their existence; however, they are able to rapidly reconfigure the nature of their personality in alignment with the greater wisdom of their soul. In contrast, an unconscious personality requires two and one half lifetimes to change the basic nature of their personality so that they may embody another ray of their soul.

As you begin, in earnest, to call forth your cosmic awareness, many previous ties to social security will be cut, so that you are consciously wired up to a more direct source of your existence. Welcome to the deep end!



Your Higher Body of Light

The most important step in developing either a regenerating or an Ascended body is awakening your awareness of your Light image residing above the head, then grounding that light into the body. You must feel yourself acting through this image, which has the power to achieve what you want.

All true practice is entering the light, happy and free state of Being – the truly Liberated affair. Until you achieve the effortless state, effort is always required. In the effortless state the thought of effort as effort has been surrendered and there is no resistance to the full glory of the inner Perfection, nor any self-contractive ideas as to what that Perfection is.

Removing all seen or unseen resistance to your Light is the Victory. No longer under the grip of unconscious forces, you continue applying your victorious understanding into the full unity of above and below, into the fully Ascended Eternal Body of Light.

Developing awareness of your higher Light-body is not that difficult. Many have glimpses of it all the time. Visualize yourself doing things in it, such as looking around, greeting people, running in place – creatively bring that image into your awareness. It is, however, only in the full acknowledgment of your I AM Divinity that you can sustain awareness of yourself in this way and begin the process of bringing forth your light body into its pure physical expression.

This is more than making an occasional decree. It requires a real penetration, such as occurs in long, focused silent mediation. Your radiant image, perfumed with love, light and pure intention, must attract attention from the agents of Divine Grace, the Ascended Masters, so that you receive their radiations and reflection, crystallizing your awakening. If you apply yourself in your purity, they will find you, just the same as a bright light is easily visible in a dim room. You will receive help, as appropriate, but remember IT IS YOU who is coming into this awakening and **no one can do it for you.**

The Tantra of the Beloved – the glorious, passionate, romance of the soul – awakens as the self-found light of eternity, the cosmic play of the One in the many, the many in Oneness, the ever-expanding Perfection.

EMPTY BODY – ETERNAL IMAGE

Emptiness and Bliss Unite

Sat Naam Wahe Guru

Meditate!

You have read this book

Meditate!

You have received your inner prompting.

Meditate!

No one can do it for you

!

❤



GLOSSARY

Affirmations: (Decrees) Positive statements to affirm, initiate, and create a new way of being. Affirmations are activations to be felt in the whole body, anchored beyond doubt, and lived with entirety.

Amrit Nadi: A flow of energy unifying heart and head, sourced from the tenth realm above the head. Amrit means nectar, and certain nectars, or openings of bliss, are stimulated in the head, throat, and heart as part of this energy flow.

Arcline: A radiance of life-force, most strongly extended through the forehead and heart. It forms as the light of the eighth chakra above the head grounds into the physical body. The Arcline is your power of manifestation, your protection. It coordinates the bodily currents in reflection of the soul's desire, and elevates a vision of the mundane into a vision of Divine workings.

Asana: A dynamic or still posture used in yoga practice.

Ascended Body: Same as the Eternal Body. In the Ascension, the Light body above your head and your physical body unite as one expression of consciousness. The physical then becomes etheric and heaven becomes tangible.

The first step in creating an eternal body is learning to live in the subtle image of yourself from the realms above the head. It is the application of that image into creating the feeling of eternal youthfulness that is paramount to success. Your physical body must become responsive, and free of the gross shackles which limit this love response.

Astral Body: The Emotional aspect of your embodiment, which directs your subtle attention through the magnetism and intelligence inherent within emotion. The astral body acts as a gateway and vehicle of emotion, whereby the consciousness of the soul can or cannot expand into greater harmony, according to how it works with its emotions. The astral body is commonly referenced in relation to subtle travels within the fourth dimension.

Ascended Masters: Beings who having awakened as eternal radiance, and experience the very atoms of their body as pure consciousness. *See chapter seventeen.*

Ati: The primal and pure light of self-radiance, whereby form and formless are both aspects of your single, infinitely elastic and multidimensional pure Presence of consciousness. The indivisible state where you can be it all and be individually defined, at the same time. *See page 51 in chapter five.*

Aura: The light, prana, and presence emanating from an individual or group.

Beloved Consciousness: The Love which originates from Oneness and is spontaneously experienced through gaining definition within the Oneness. *See chapter sixteen.*

Bhand or Bhanda: Muscular and psychic tension of certain muscles to stimulate, contain and direct life-force as an upward flow of nourishment.

Bondis: A name I inwardly received for small devic beings (smaller than a grain of sand) residing in the crystalline matrix of the earth, which serve as messengers and add magnetic excitement to pull together beings who already need to come together for some reason.

Blue Pearl: Awakening awareness of your causal body within an inner space of the physical body. Entering the Blue Pearl allows the feeling of bridging consciousness across the dimensions (via entering the causal body from an awareness outside of the physical body).

Breath of Fire: A rapid abdominal breath approaching twice a second. Very cleansing and vitalizing. Properly done, it stills the mind while quickening the body's energy in a harmonizing rhythm.

Buddhic Realms: Eighth and Ninth realms which are focalized in relation to the physical body, from a few inches to six feet above the head.

Causal Plane: Most often referring to the higher causal realms, where your ideas and existence are experienced as a force of consciousness and exist beyond doubt. In causal awareness everything is consciousness. *See Higher Light Body.*

Central Sun: The combined radiation of all those who are awake in the body of the One. The central sun of any system is the unified light of the beings whose awareness composes that system.

Chakra: A focalized outpouring of subtle energy in the body. There are seven principle and hundreds of minor chakras in the body, through which your spirit breathes the breath of life into form. The chakras act together as a whole to support your multifaceted existence. The intensification of subtle energy at each chakra is a doorway, whereby you can enter that particular realm of awareness.

Christ Consciousness: A resplendent crowning, whereby you have harmonized every cell of your existence into the full expression of your Individualized God Self. The full Christing is the same as the Ascended Body.

Crown Chakra: Also called the seventh chakra and the tenth gate. Focalized at the top of the head and through the pineal gland in the center of the head. The crown chakra bridges energy and awareness between the body and realms of consciousness above the head.

Crystal: An orderly arrangement of atoms, usually referring to mineral crystals, such as Quartz. Gives a form and focus of energy that helps bridge awareness into subtle realms, through the particular quality of the crystal to hold a concentrated flow and imaging of subtle energy.

Decrees: See affirmations.

Destiny: Your Destiny is the enlightened activity of your Higher Self. Your destiny occurs through the penetration of your Presence into all realms of existence. More than particular instances, it is the Presence you bring to each arena of life.

Devas: Ethereal beings who create and maintain form. Devas are very aware of energy as a form of consciousness. All Devas are Oversouls – it is only a matter of their domain. The Buddhic realms above the head are also known as the higher Devic realms, because of the unity of consciousness and form within those realms. The Devas value harmony and are, in essence, inner-Earth beings. The human evolution, as it is able to create through the pure presence of spirit, will have reunified with its Devic roots.

Dharma: A dharma is step in between religion and total self-empowerment. Thus most dharmas include some type of meditative discipline. Dharmas and religions give impetus to the beginning stages of the spiritual path, yet qualify experiences of the path according to the karmas of their tenets, leaders and participants. Examples of dharmas are Sikh Dharma, Tibetan Buddhism and Taoism.

Dimensions:

Third Dimension: Physical awareness operating in conventional physical laws.

Fourth Dimension: Also known as astral consciousness. This dimension is less limited to time and space, and carries a keen sensitivity to emotion and thought impression. The integrity of the electromagnetic body is of prime importance within this dimension.

Fifth Dimension: A level of consciousness free to express itself in the fine ethers of existence, creating form localized in time and space as it sees fit. The fifth dimension corresponds to lucid and conscious dreaming. Much working out of issues and dramas occurs decisively within this dimension. It provides a testing ground which every aspirant of Self-Realization must master. When the fifth dimension is qualified from Christ consciousness, it becomes a medium to witness wonderful light and purity.

Sixth Dimension: This is the first level of consciousness that is easily transcendent of the outer personality. It is entered through the Atom within the center of the head, non-verbally sustained from the back of the head, and projected through the front of the head. Time and space are totally obliterated within this awareness. It is still not fully beyond limiting concepts and separation. It creates realities which may dance between form and formless existence. It serves as a gateway of awareness, and outpouring of the higher energies into form.

Higher Devic Dimensions: The eighth and ninth realms above the head, where you form your radiant, self-sustaining Eternal Body of Light. This, however, is not necessarily the same as the Ascension, as there are still subtle levels of separation and thus karma that can operate through these realms.

Dream Body: A fifth-dimensional body, most often experienced through lucid dreaming. This body is activated through the opening of the throat center. When going to sleep at night, relax and visualize a light that is effortless and steady (without interruption from the in and out of the breath), centered in the throat. Roll the eyes back and feel your attention lock inside the head. (When this happens, sometimes it feels impossible to open the eyes, and they may flutter a bit.) Simultaneously feel the top of the head open. Make an affirmation such as, "I AM that which never sleeps," "I AM awake while my body rests," etc. If you stay with it, you will enter more and more consciously into activity of the dream body while you sleep.

Dream Yoga: Practices and focused attention to remain awake and work through the subtle realms as the body rests.

Dynamic Yoga: Conscious exercise that moves energy, using a combination of movement, stillness, breath and poise. Dynamic Yoga, besides the more traditional yogic exercise, includes any movement, such as running, weightlifting, or swimming, that is done in a yogic consciousness, uniting and purifying inner light and outer manifestation. I coined this term, as an aspect of Eternal Yoga, in the desire to free up the constrictions that have surrounded some of this technology.

Electromagnetic Field: Presence created by movement of energy within the body. Wherever there is a movement, a subtle magnetic field is automatically created, giving substance and attracting similar vibrations.

The flows of blood and lymph, the pulse of the cells, the magnetic flux of the bones, the vibrancy of semen, the movement of attention, and the influx of subtle energy, all create a magnetic force around and through the body, giving a greater feeling of substance and aliveness. Your magnetic body is your health and vitality.

Everything in creation has, to some degree, a magnetic body. The electromagnetic body exists along several subtle octaves, and the prominent frequency of it depends on the level of conscious refinement involved in its creation. It is a living blueprint which organizes and energizes the tissues of the body. Do not confuse this living, pulsing field with the magnetic field of a magnet, or motor, which is very limited in the frequency of its existence.

Emotional-Etheric Membrane: A subtle skin of the ethereal physical image; it is a veil giving that body greater definition and separating it from your higher etheric radiance. This membrane defines your experience in the astral dimension.

As long as there are incomplete emotions within the tissues of the body, consciousness does not easily expand beyond this boundary. This membrane exists in the earth as well, and forms a skin upon its inner etheric domains. Imprinted upon the etheric-emotional membrane are the images of unresolved emotions and issues. The inner radiance of the earth projects through these images, like a piece of film, to re-create their magnetic occurrence upon the surface. This continues until they are resolved, or in some way released. This psychic structure exists about twenty to thirty miles below the earth's surface. *See chapter twenty-one.*

Eternal Radiant Body: The enlightened image your soul develops as a personification of its essence. This image is omnipotent, omnipresent, has supreme command, is elastic yet precise, and is perfect in every way. The Eternal Radiant Body lives within the flame of your I AM Presence. It is composed of the Light beyond the Light, and may be seen through bringing your attention into the causal realms ten to fifty feet above the head. This is the secret and true meaning of the name "*Krishna*." Your Higher Light Body and the Eternal Radiant Body are one and the same, *after* you penetrate into the higher causal realms of your I AM Presence. Previous to this, there is a subtle difference.

Etheric: The subtle definition of form, which occurs in many dimensions. This also references the flow of subtle energy in the body. It is your image within the Light of your existence. Attuning to your subtle image strengthens the body, supports meditative wakefulness, and enhances the structure of associative understanding and memory. In a heightened awareness, all form, physical and subtle, is seen as etheric.

Extra-Terrestrial: Consciousness and awareness of existence beyond this Earth. Energies or entities who are at home beyond this Earth.

Gateways: A vortex of quickened energy, which helps those who enter to shift conscious awareness from one perspective to another. For example: Love is a gateway of Unity; the throat chakra is a gateway to fifth-dimensional awareness. Energy fields may be established – in a community, a temple, or your body, for example – to serve as a supportive energetic gateway to a higher state of reality.

Great White Brotherhood: A term used by the Theosophical Society to indicate the family of Self-Realized Masters who are Awake within the Body of the One, and cooperate within that awareness for the highest good of our humanity. *See chapter seventeen.*

Higher Light Body: Your image of self-radiant Light that lives in the realms a few inches to six feet above the head. Also known as your soul.

I AM Presence: This is the effortless pure Presence of your Individualized God Self. Your higher presence is eternal, lives in perfection, and knows itself as Love, wisdom, radiance, and a creative nature. Gaining awareness of the subtle images and qualities of your Presence is awakening your Soul.

Karma: Activity, physical or subtle, that is generated from an unenlightened perspective and thus needs completion. Every incomplete thought lives somewhere, until it is either dissolved or elevated into a harmony of the Higher Soul Perfection.

Karmic Cellular Memory: The imprints or memory of unresolved emotion stored in the body. The tissues of the body register not only such emotions from this life, but even from past lives.

Kriya: A meditative technique to purify and elevate consciousness, through the inseparable triad of body, mind, and breath. "Kriya" translates as a completed action from which there is benefit.

Kundalini: The movement of subtle energy in the body. In particular, a person refers to their kundalini when the subtle currents fuse into the physical body and are tangibly felt. In its common usage, the kundalini most often refers to the rising of life-current from below the navel, often accompanied by heat, visionary and mystical expansive experience.

Kumara: A being who has committed into the collective light of a planet or sun, for the purpose of serving the collective evolvement of its humanity as part of the Kumara's own application into planetary or cosmic Ascension. A Kumara has the ability to stimulate and bring up for release major issues in the collective field. Often, these same issues are part of or some how linked into the personal karmas that the Kumara must work through in gaining their own victory. *See chapter seventeen.*

Ley Line: A particular line of force, or circulation of energy and attention within and upon the planet.

Light: In a spiritual reference, Light is the radiance from our Presence. There is nowhere in the universe where there is not Light, because this universe is composed of consciousness and its qualification. Consciousness itself Eternally Radiates its Presence in some form of Light.

Lila: The play of the Divine in all its forms, beyond the ability of the analytical mind to define.

Maitreya: A cosmic being who serves as the Divine Director of a planet. Every planet as it evolves attracts to it a Maitreya. A Maitreya serves the planet for a certain epoch, and then as wisdom dictates the position is given to another entity for that entity's growth, as the former Maitreya moves to greater fields of cosmic service. The Maitreya figureheads the collective light held within a planet. At this time, Mahavatar Babaji is the Maitreya of this planet. The Maitreya, while working through many souls, has a particularly strong outpouring through the Kumaras of the planet. *See chapter seventeen.*

Mantra: A sound current which is sacredly resonated within, to harmonize body and mind to the qualities of that sound and to open awareness of the Higher Mind. As we surrender outward activity of the mind in repetition of the mantra, while maintaining inner awareness stimulated by the mantra, we become aware of the silent and unspeakable creative presence of the Self. This is the true meaning of every mantra recited as a Name of God.

Maya: The illusion that physical existence is a law unto itself, rather than a dimension of a greater existence.

Mental: The aspect of consciousness that qualifies attention and develops, arranges and associates ideas and thoughts. The mental faculty also brings Awareness of, or illumines, creation as the "witness." The pure mind is composed of radiance and illumines your world through this radiance.

Meridians: Routes of subtle energy flow within the body. They have been carefully mapped and observed in the human body for thousands of years, and form the basis of acupuncture and a number of healing arts. As a person advances on the spiritual path, the control of the meridian system moves under the command of the higher faculties.

Mhula Bhanda: An important muscular contraction used in Dynamic Yoga, whereby the perineum, genitals, and navel are contracted in and up, to stimulate and guide life-force and attention up the spine and into the upper centers. *See chapter six.*

Microcosmic Orbit: A particular orbit of energy moving up the back, over the head, and down the front in a continual orbit. It is important that this subtle flow is open, so that one feels balanced and at ease in the body, can integrate increased energy, and has the strength to sit easily in meditation. Obstructions to its naturally opened flow are removed through visualization, conscious breathing, relationship with the earth, and emotional healing. Further refinements of the microcosmic orbit include connecting it to the eighth chakra a few inches above the head, and extending its orbit through the legs. *See chapter five.*

Mudras: The holding of the fingers and hands in certain static positions, or the graceful movement of the hands in fixed patterns. Mudras help to further create a particular instance of the electromagnetic field, to enhance and bring about particular effects as part of a Kriya and to give the subtle "touch" that enhances conscious equilibrium. Mudras stimulate or help sedate activity of the brain, have an effect upon the meridian system, and help to further contain and circulate energy in the body.

Nadis: The routes of subtle energy flow in the body. Nadi roughly translates as a channel, and thus can include the veins, nerves, meridians, and both permanent and temporary flows of subtle energy.

Nectars: Secretions in the body, either from glands or precipitated from spirit, which fuse with bliss consciousness into a tangible chemical-energetic substance in the body.

Ojas: The refined oil of the sexual juices, as they are absorbed upward in the body. Ojas is very important for nerve strength and the ability to ground the Higher Light into the tissues of the body.

Octave: A particular domain of energy composed of a set of creational aspects. The repetition of these aspects in a different frequency defines another octave of those aspects. Using the intertwining of mental, emotional, and etheric attributes of consciousness, I have named four octaves of existence which are described in a chart at the end of *chapter twenty.*

Physical: The physical realm is a compaction of our subtle image. In this compaction, awareness, substance, and the laws of connectivity appear limited to three-dimensional space, separation, and linear time. All the dimensions of our soul and its body are intimately connected; thus, as we experience form and formless as one consciousness, the physical body becomes less physical and the invisible becomes more tangible.

Pineal Gland: A small gland in the center of the head that receives "the Light of Presence" from above the head and infuses it into an electrical and chemical tangibility for the physical body. The Pineal gland helps to coordinate and balance the two hemispheres of the body. The pineal gland is associated with activity of the sixth and seventh chakras in the head. It is very centering to sit quietly and feel a small spot inside the head between the ears. Imagine a hand from above the head reaching in and tickling a point the size of a pea with the tip of a feather. Keep the attention locked in this small area and feel that you are looking from the inside out, rather than from the outside in.

Pituitary Gland: A gland several inches in from a point between the two eyes. The pituitary gland is a master gland that regulates the hormones of the body, translating into mood and movement. The pituitary receives a direct stimulation from the pineal gland, and brings a sense of command, inner sight, and aloof elevation. The power of the pituitary, the pineal, or other structures of the brain is their harmonized operation together. Two principle forces help support this: the upward nourishment of the vital force from below, and the quickening and enlightened Light from above.

Planetary Grid: Is a multidimensional distribution and circulation of life-force, images, and thoughts on the planet, including forces within, on and above the surface. There are a number of coexisting grid systems serving different functions. Specific lines of flow are termed "*ley lines.*"

Remember that our body temple makes up a dynamic part of the grid, and that to access any part of the planetary network we only need to turn within.

The planetary grid is like a meridian system of the earth and is dynamically initiated, patterned, and regulated, through the collective Light at the center and through particular oversouls of the planet. The grid is then further qualified in local areas through the consciousness of those living in that area. *See chapter twenty-one.*

Prana: Is life-force or energy. To live we need a constant circulation of prana, obtained through air, food, and interaction. Prana is universally available everywhere, even in the vacuum of space. The Human race will, in its evolvement, learn to sustain itself directly through the self-generated pranas of the Higher Mind, as a creative Light of God.

Providence: The enlightened activity and plans of our soul.

Rays: Basic aspects and frequencies by which our Soul expresses itself. The rays are usually named after the primary color by which its activity is seen or with which it is associated. For example, the blue ray. *See chapter seventeen.*

Rajasic: A quality of energy which is warm or hot, youthful, enthusiastic, quick, desirous, kingly, at times dominating, likes doing things, and present in the world with a vital radiance. *See chapter eight.*

Reverse Breathing: A method of breathing first practiced by the fetus in the womb, whereby the pranic current enters directly into the kidney-nerve-brain energy and is then further transformed and circulated in the body. In the fetus, the lower back expands and the kidneys act as the fetus draws life-force and fluids in through the umbilical chord. In reverse breathing, the lower torso contains the concentration of prana, as in normal breathing, except the stomach does not expand out with the breath, but instead the lower back fills out as the diaphragm moves down to expand the lungs. Reverse breathing is taught in some Taoist energy practices. The success of reverse breathing is learning to work with and absorb "soft energy."

Sadhana: Daily transformative spiritual practices. *See page 30.*

Sanat Kumara: A great cosmic being who works very closely with the destiny of this planet and our entire solar system. The Sanat Kumara is the Maitreya of Venus. *See chapter seventeen.*

Satvic: A peaceful, calm, fresh, alert, awake, tranquil, meditative, surrendered, elevated, and expansive state of existence. *See chapter eight.*

Shakti: Life-force or vitality of the body. Spirit as energy.

Shambala: Spiritual community of self-realized souls, creating a harmonized field for the collective advancement of all. Shambala can form a blueprint of humanity in its higher expression, and thus creates the possibility, cultivates it, and eventuates it in the mind and body of humanity.

Soma: Soma is a subtle nectar first experienced through the intake of light from above the head into the body. This light charges the chemistry of the body with the joy or whatever subtle qualities with which you qualify it. As this intake of light becomes more tangible, it can result in an actual precipitated physical substance in the body that transforms the body and can even physically nourish it. *See chapter six.*

Soul Mate: A person with whom you feel very intimate on a soul level and with whom you share an interconnected and deep understanding, often established through interaction over many lifetimes and realms of your being. *See chapter sixteen.*

Soul Star: The soul star is the five realms above the head.

It also sometimes refers to a specific visualization of a five-pointed star, whereby you activate awareness of your subtle body and are able to travel places in it, and interact with other beings. A five-pointed star is visualized at the third eye, back of the head, or throat. Intensified through the purity of intention, this concentrated focus of prana becomes a doorway to bridge the realms of your existence into one

wakeful awareness. The five-pointed star brings together the creative abilities of solidity, fluidity, warmth, movement, and space to give tangible self-radiant pranic support to your meditative penetration. Qualified and anchored from the causal light of your I AM Presence, or the light of an Ascended Master, the five-star can be a vehicle to give substance to the outpouring of your soul. Initiating a spherical bubble of inner expansive feeling at the heart is a helpful and complementary visualization to this process.

Soul is everywhere, yet awareness often becomes trapped into limited consciousness, and thus one does not know oneself beyond the level of their entrapment. Thus the infinite power of the soul is qualified into belittlement, and struggle. When we let go of limitation and actively bring forth our own Spirit Presence, then the perfection known by our Soul expresses itself into the physical.

The five kingdoms of the body (also known as the bodily chakras) are a mirrored reflection of the five realms of the Soul Star, with the crown chakra acting as the bridge. As above, so it is below.

Siddhi(s) : Abilities which are beyond what is normally accepted as possible. There is no such thing as a miracle, only consciousness, and what we presently term as siddhis, such as levitation, telepathy, mind transference, bodily projection, etc., are all natural and normal abilities of the Self in a less restrictive environment.

When a person engaged in spiritual development places more importance upon these abilities than the simple, pure radiance of God within, in which everything occurs in Perfection, that person enters a high stakes world, and loses the purity of the inner Self.

Stars of Alignment:

Five-Star: The five-pointed star is a principle of nature whereby you can attain a greater conscious penetration of, and outpouring through, the subtle qualities of your own being. It is a symbol of the Yogis and a blending process of diversity into harmony and realization. It not only helps in the mastery of the elements, but can be a vehicle of soul travel in the subtle realms. Understood by the Masters, it is a great instrument of focusing combined blessings upon humanity.

Eight-Star: The filling out of the kundalini flows into a feeling of micro and macro cosmic awareness and potency. It is both a function of the eighth chakra above the head and it is a symbol of Inner Earth Radiance and Acknowledgment.

Eleven-Star: The method of aligning physical, emotional, and mental discomfort, pain, and lack of soul radiance, to be used as a lesson of awareness, and completion of these particular karmas into soul radiance and awareness. It is a process performed within the collective ethers inside of the earth, which uses the inner mechanics of the Five-Star to bring completion. An Eleven-Star process is given a window of timing for its completion, although in some instances this may occur over thousands of years. It is a process showing a total trust of timing, masterful alignment, and is a vehicle of service by the Masters.

Twelve-Star: Symbolic of completion, a complete and balanced teaching and a Golden Radiant Mastery, which can instantly qualify everything to the inwardly known perfection felt within. The twelve-star is the fullness and symmetry whereby we can receive the pure light of our Presence above, and is facilitated through paying attention and correcting the symmetry of the body's energy flows. The Twelve star teachings are those of creating the Ascended Body.

Soma: A subtle secretion directly precipitated into the body by spirit. Soma is of two types: that which is wholly precipitated from spirit, and that which is the energetic effect of spirit infused into a secretion created through biological processes in a living organism. As your Presence from above the head grounds into the body, it creates Soma. Soma works very closely with Ojas. *See chapter six.*

Soul: The radiant image of all that you know yourself to be. Your Soul is the same as your Higher Light Body. It gains definition by the way you build upon your experience over time to qualify the eternally flowing light of your beingness.

Still Breath: When you forget about the breath and attention is transferred to the continually radiant presence within. A still breath naturally develops as prana is drawn up to the throat and above. In this state, a tremendous alertness is present in your subtle body. The increased radiation from this awareness can literally nourish the physical body as well. Before attention can be stabilized in this state, agitation of the body and mind must be removed.

Sutra: Sacred words containing spiritual content, and subtly charged with an aura of activated spiritual radiation. Sutra is like mantra, except that instead of a few sounds, it can be a whole song, a piece of poetry, or scripture.

Tamasic: A description of energy, and a state of being, which is dull, confusing, apathetic, deadening, destructive, and reflects a low level of conscious vibration. *See chapter eight.*

Tantra: The dance of form and formless. Maintaining one's personal essence energy while blending with another energy in the context of Oneness. To experience Tantra, the mind must surrender control of its limited-mind constructs (ego-centered) to the Soul. The beauty of the One Self in the Many is then experienced.

Black Tantra: Consciously manipulating others through subtle energy control to get what you want, regardless of the highest good.

Red Tantra: Using the vital and passionate energies within the body to activate awareness to your subtle body and to strengthen both it and the physical. *See chapter six.*

White Tantra: Relationship anchored through awareness of your Light Body above the head and awareness of the Body of the One. *See chapter five.*

Tattvas: Are the elemental qualities of nature which together comprise existence. The five tattvas are: Earth, Water, Fire, Air, Ether.

Third Eye: Often stimulated through focusing awareness between and an inch above the eyes. The third eye is the awakening of the inner sight, of the subtle presence and vision which commands and influences your thoughts and body, and a greater radiant awareness of inner space.

Transmission: Pure understanding conveyed through subtle attunement between two or more people. Pure transmission is an activity occurring in the Oneness.

Twin Flame: Two souls of the same Spirit Presence. Be Love and you are Beloved. The Beloveds are a unifying force of the Universe. *Chapter sixteen.*

Vajra: Is a sacred word describing the indestructibility and omnipresent intelligence of the Oneness. It literally means diamond like, indivisible, and enlightenment through scared transmission of the Guru, or communion in the Oneness. The path of *Vajrayana* is also called the short, quick, and most dangerous path to Self-Realization, because everything is part of the path. It is the path begun when you are already there, and you spread the state of enlightenment experienced in the core of your heart to the Perfection of manifestation, which is divinely inherent. Vajra, as a word, is also associated with the strong upward transmutation of sexual creative force into the higher centers, and their unlimited creative joy. The essence of Vajra, may be found in the words I AM, which holds the key to higher initiation.

Yoga, Yogis: Yog is the composure and reality of the Oneness of your being, whereby your Radiant Perfection permeates all aspects of your life. Yoga is the art and techniques of applying yourself in that harmony of wakeful radiance.

The struggle of separation ceases to exist in the mind of one who understands this science. Yogis are beings who maintain the reality of Yog, while existing and serving in the world of seeming duality. They are the world, in the world, and beyond the world; being here, there, and everywhere, all is brought back to the reality of awakening as the radiance of Self. Yogis practice the time honored techniques of Yoga as the enjoyment, intensity, penetration, and quickening of the enlightened state. Thus a Yogi is one who is conscious.



Yoga is enlightened activity. The exercises, kriyas, and practices of Yoga, when fully understood, become an awake conscious meditation, and thus are a form of enlightened activity. This is the beauty and enjoyment of Yoga in itself.

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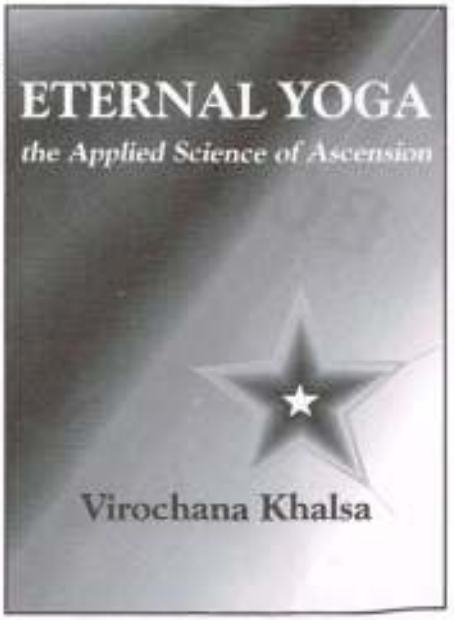
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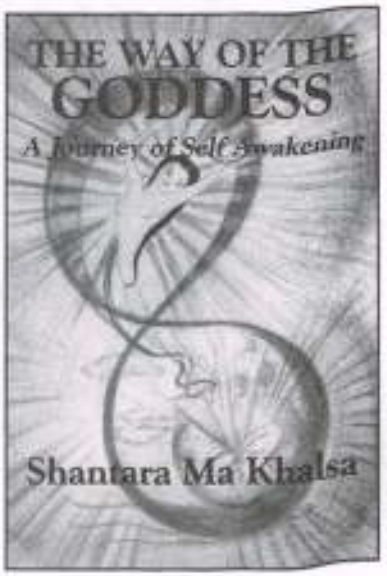
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